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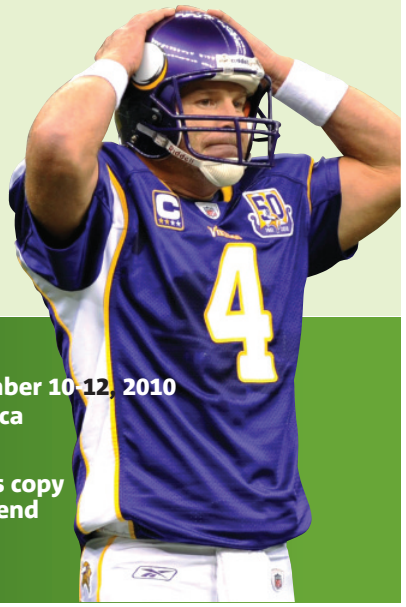
MULLIGAN GETS CLOSE TO PART
BRINGS LIFE TO BOOK ADAPTATION {page 19}

REPLAY
VIKINGS FALL IN NFL OPENER
SPORTS {page 29}



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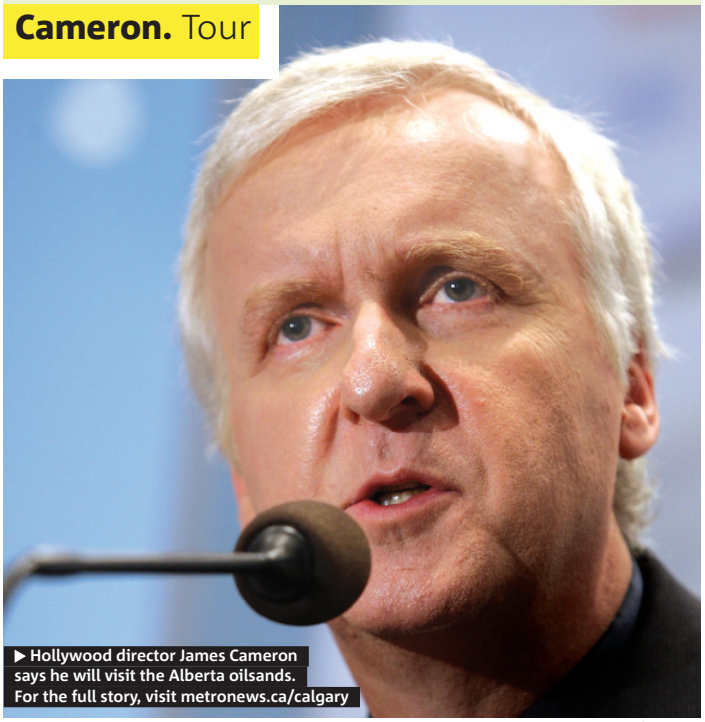

▶ Hollywood director James Cameron says he will visit the Alberta oilsands. For the full story, visit metronews.ca/calgary

CHUNG SUNG-JUN/GETTY IMAGES

Concerned Cameron to visit oilsands

In a letter to Premier Ed Stelmach, James Cameron says he has scheduled a three-day trip starting Sept. 27. "As a native-born Canadian, I'm concerned about the criticism levelled at Alberta's oilsands operations and eager to learn whether they are true or not, and if true, how they are being addressed by industry and government," he wrote.

Flip-flop on Qur'an burning

Pastor backs off on pledge, then reconsiders {page 10}

In the hands of prosecutors

Source says cases moving against Gibson and ex {page 26}

Lights out at 37 St. & Glenmore

First phase of interchange completed ◐ 'Recycled' bridge helped reduce costs, time ◐ Lakeview residents like free-flow, but hoping for better traffic solution

DARREN KRAUSE/METRO CALGARY

▶ The detour at 37 Street SW will provide free-flow on the SW corridor.

Fifteen months after a council decision to move ahead post-ring road, a completed detour at 37 Street SW will allow for free-flow traffic on Glenmore Trail.

Ward 11 Ald. Brian Pincott told Metro the lights on Glenmore Trail at 37 Street SW would be removed Saturday, as the first phase of an interchange program is completed, giving the critical east-west corridor some much-needed traffic relief.

"This is great news for everybody in southwest Calgary," said Pincott.

"We all know that 37th and Glenmore intersection has been at fail for years."

But, leery Lakeview residents are hoping things don't get worse.

Duncan Kent, president of the Lakeview Community Association, said smooth traffic is critical, but a longer-term solution still needs to be sought — and the lights actually worked for citizens in his area.

"We've sure got our fingers crossed (the interchange) will help everybody else — because it's been pretty miserable across Glenmore," said Kent.

Kent isn't a fan of the "complicated" design of the future interchange and fears it could create more traffic problems in the area while people learn how to use it.

Until the final ring road decision is made, Kent said his community would continue to be concerned about traffic in the area.

DARREN KRAUSE

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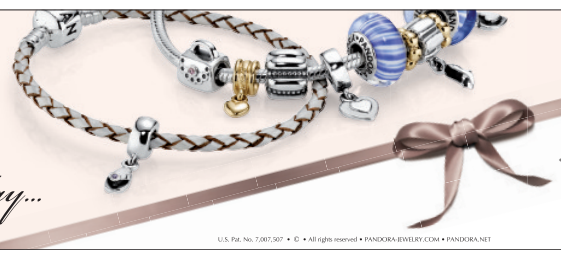

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Ontario court upholds ban on blood donations from gay men. Video at metronews.ca/canada

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Hockey arenas not a priority: Stelmach

Alberta Premier Ed Stelmach has made short work of any suggestion that his province will be forking over some cash to help build new hockey arenas in Edmonton and Calgary.

Stelmach was commenting on suggestions that Ottawa might be ready to spend $180 million to help build a new Quebec City arena.

He says the fact that a number of MPs wore vintage Quebec Nordiques jerseys Thursday suggests that "maybe we're getting close to an election — federally."

Stelmach said Alberta has more pressing priorities such as education and health.

THE CANADIAN PRESS

CONTRIBUTED

Tiger cub's condition improving

The baby tiger cub in intensive care at the Calgary Zoo made some small improvements but officials say it's still going to be a week or two before she is out of the woods.

"We're just taking it day-by-day but we have three vets taking turns watching her around the clock," zoo spokesperson Laurie Herron said.

KRISTA SYLVESTER

DARREN KRAUSE/METRO CALGARY

▶ Roadside election signs have come under scrutiny, as the rules around them have caused some uncertainty for campaigners.

Signs unclear for candidates

Mayoral hopeful Alnoor Kassam has said he 'just wants a level playing field' for everyone in the race Jon Lord and Naheed Nenshi have already put up 'approved' signs around the city

There's a lot of confusion surrounding election signs in Calgary, but the city's bylaw boss is looking to clear things up.

Questions have emerged over where and when signs for candidates can be posted, and what size they can be, with rules changing after nomination day on Sept. 20.

Mayoral candidate Alnoor Kassam publicly brought attention to the issue, and many candidates have been Twittering back and forth on the topic.

Calgary bylaw director Bill Bruce wants to the record straight.

"There's been some confusion and it's not the candidates fault but there has been some misunderstandings we're trying to get to the bottom of so we're taking a soft approach," Bruce said from Vancouver Thursday.

He added the department is in the process of contacting the candidates who have incorrectly placed signs up early.

Candidates like Jon Lord and Naheed Nenshi are frustrated by the lack of clarity, especially after spending hours trying to get the proper information.

Said Nenshi's campaign manager Stephen Carter: "It's really frustrating because I have done this for 10 years and it never gets clearer. It just gets more confusing."

KRISTA SYLVESTER

The rules

- **Candidates** may place smaller signs before nomination day, but larger signs are not allowed according to the bylaws.
- **There are different rules** for signs on roads, parks and private properties.
- **After nomination day,** candidates don't need a permit.
- **Signs must be removed** within 36 hours of the election.

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DISPLAY DEBATE

U of C pro-lifers vow to fight on

Eight University of Calgary students vow they will petition even harder after being denied an appeal hearing for the campus pro-life group.

The students were found guilty of non-academic misconduct in May 2010 for not turning their controversial anti-abortion signs inwards, and were warned that stiffer penalties could be implemented if they continued to post the displays.

"We are astonished that they will not even give us a hearing with the appeal board to present our case," CPL president Alanna Campbell said.

The group members said they will now take their case to the university board of governors.

KRISTA SYLVESTER

Dinos fighting for teammate

KATIE TURNER/FOR METRO CALGARY

▶ Sinead's uniform

Members of the Dinos women's hockey team are rallying around one of their teammates as she battles cancer.

Having known Sinead Tracey since a young age, sisters Shannon and Erin Davidson know just how strong their friend and Dinos teammate is. Tracey, 19, was diagnosed with Hodgkin's lymphoma in April, cutting her rookie season with the Dinos short.

"As soon as we heard about Sinead, we all knew that we wanted to do something for her to show her that not only were we behind her but the entire Dinos athletics community was behind her," said Shannon.

The team is throwing a fundraising and head-shaving event Friday in honour of Tracey, who is currently in remission and itching to get back on the ice.

"Sinead is probably the strongest person I know in every way," said Erin. "It will be really good to have her back."

The event begins at 4 p.m. in the McMahon Stadium parking lot, prior to the Dinos football team kicking off at 7 p.m.

KATIE TURNER

Will petitions have any impact?

METRO CALGARY FILE

▶ The tunnel to the airport has become a divisive issue in Calgary, with both sides mobilizing with online petitions.

▶ Tunnel a key campaign plank for many ▶ Funding defeated in July

KATIE TURNER
CALGARY@METRONEWS.CA

With discussion around the proposed airport tunnel heating up, two candidates have launched online petitions — but the impact may be minimal, according to one political scientist.

Ald. Bob Hawkesworth, the only mayoral candidate vocally opposing the airport tunnel, launched his online petition www.noairporttunnel.ca on Aug. 19.

Fellow candidate Naheed Nenshi, who is in favour of the tunnel, officially launched his site www.buildthetunnel.ca on Wednesday.

According to campaign representatives for both candidates, Hawkesworth's petition tally is around 1,400, while Nenshi's is nearing 1,000.

While both camps said numbers are growing, Duane Bratt said these online petitions might not be an accurate gauge of people's feelings on the issues or support of the candidates.

"Quite frankly, this has become probably the big issue of the campaign. Almost every candidate has gone on one side or the other," said Bratt, an associate professor of political science at Mount Royal University.

"The fact that one guy has 1,400 signatures out of a million and the other has 1,000 out of a million isn't going to change the arguments."

Peter Rishaug of CivicCamp said it's important to consider where the support for these petitions is coming from.

Many of those who have signed the petitions may have already been supporters of the candidates themselves, he said.

"The overall effectiveness (of online petitions) is undetermined as of yet," he said.

Bratt said that, while these petitions may have little impact on the election, the topic is generating discussion about transportation policy.

Airport tunnel

- By April 2011, Barlow Trail will be closed between McKnight Boulevard and Airport Trail.
- Hawkesworth is in the process of putting up 11 billboards around the city related to the airport tunnel, according to a campaign representative.

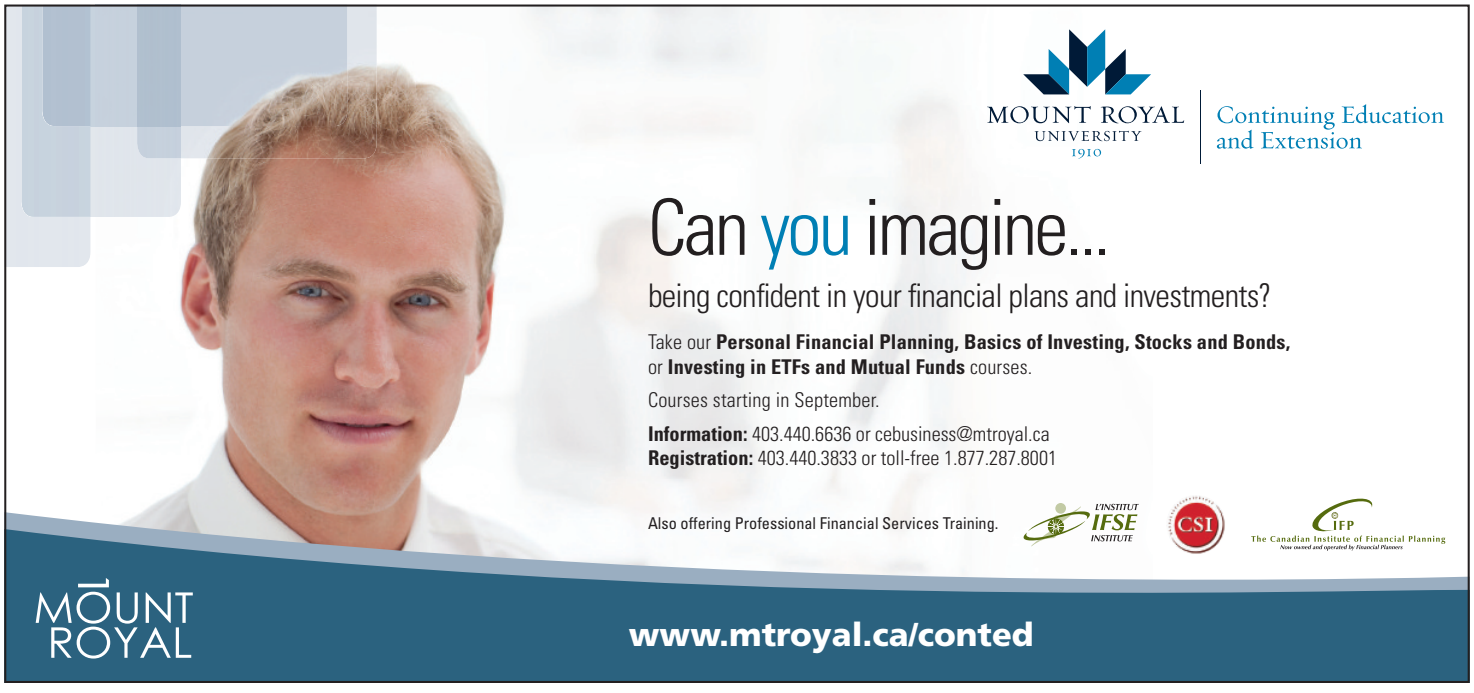
Does the issue matter to most citizens?

As a resident of Mission, near the downtown, Kelsey Hipkin doesn't see the benefit of the airport tunnel.

"I've always taken Airport Trail and have never had any trouble getting to the airport on time," she said.

"For me, an airport tunnel doesn't necessarily seem like the best thing for the city."

KATIE TURNER



News in brief

▶ Smith

Smith: Let the money follow the student

EDUCATION. The Wildrose Alliance Party says the best way to fund education is to have the tax dollars follow the student.

Party leader Danielle Smith says encouraging choice and competition is the best way to deliver education.

The party, in releasing its education platform, also says it will work to make sure students struggling in certain areas get the attention they need to learn at their own pace.

THE CANADIAN PRESS

Train collides with truck

ROCKY VIEW. No injuries were reported after a train headed towards Calgary collided with the rear section of a tandem gravel truck at a crossing at TWP Road 250 and rural route 284, in the County of Rocky View.

The driver of the gravel truck has been charged with failing to proceed safely through a railway crossing after stopping.

METRO CALGARY

Housing starts still going up

MARKET. Housing markets are excelling in 2010 despite a market slowdown, according the Canadian Mortgage and Housing Corporation.

Calgary housing starts reached 858 units last month, up from 548 units last year.

However only 432 single-detached units were built — down three per cent from 2009.

METRO CALGARY

DIGGING DOWN TO THE CORE OF THE TUNNEL ISSUE

Opinion

DJ KELLY
THE SCRUTINEER, WITH ANALYSIS OF CIVIC ISSUES LEADING UP TO THE ELECTION

Much of the mayoral campaign so far has been about wanting — or not wanting — to dig a big hole.

The proposed — and as yet unfunded — Airport Trail tunnel is touted as an alternate access to the Calgary International Airport after Barlow Trail closes from McKnight Boulevard to Airport Trail in 2012 to make way for a new runway.

The proposed tunnel would extend Airport Trail from Barlow to 36 Street NE underneath the new runway.

City council this year voted to include the tunnel in their long-range plan, then voted against providing cash for its construction.

The problem is, the price of the building a tunnel after the runway is built is estimated to be double or triple the cost.

Enter candidates looking for divisive issues, and the airport tunnel makes for great campaign fodder.

Almost all candidates — chief among them being Ric McIver, Naheed Nenshi and Craig Burrows — say build the tunnel now, while Bob Hawkesworth appears to be lone dissenting voice. Estimates to build the tunnel now are pegged at between $350 million and $500 million. Some say it can be done for $150 million.

But what would we get for this price? Sure, a tunnel — but what benefit does a tunnel give us?

If you live outside the NE of Calgary, the quickest airport route already is Airport Trail via Deerfoot, so this debate is a moot point for you.

Barlow Trail is closing regardless of whether the tunnel is built and its closure only affects those who previously used that route.

How much time would be saved for this portion of the population by building a tunnel?

Without the tunnel, their quickest access would be to drive north to Country Hills Boulevard. If 36 Street were connected, the added time on this trip, versus having a more direct tunnel, would be a total of six minutes.

Calgary Transit is working on a plan to deliver BRT service from McKnight/Westwinds LRT station that will also provide additional service to the airport — with a similar six minutes extra on the commute.

In my mind, the question to candidates and voters is this: Is the cost of building an airport tunnel, whether it be $350 million or three times that, worth keeping cars off of Country Hills Boulevard, decreasing the travel time for those living in the affected portion of the NE by six minutes, and ensuring that a future LRT connection will have to come from a more northern LRT station than McKnight?

Each voter can decide on their own.

But be sure you tell the candidates what you decide.

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OILSANDS

Premier buoyed by Pelosi meeting

Alberta Premier Ed Stelmach said he knows one dinner is not going to change the minds of Americans when it comes to the oilsands.

But he said his audience with U.S. House speaker Nancy Pelosi didn't hurt the province's efforts to sell southern lawmakers on the controversial energy source. Stelmach said Alberta's oilsands were the focus of the dinner meeting.

Pelosi said, in a statement released Wednesday night, the talk "confirmed that the United States and Canada share a strong commitment to addressing climate change and energy security."

THE CANADIAN PRESS

Local faces charges in Sask. grow-op

Calgarian Luc Bernard D'Abadie, 29, has been charged in connection with a grow-op in an abandoned theatre in Grenfell, Sask. Officials say on Sept. 7, a man was trying to enter Canada from the U.S. at a Manitoba border crossing and they were led to the stash. METRO CALGARY

Search is on for Stampede Queen

The search is on for the 2011 Stampede Queen and Princesses and on Saturday, 13 contestants will be cut down to the final 10.

The Stampede Queen and Princesses will be crowned at a new event on Oct. 3.

METRO CALGARY

Braving the rappel for a charitable cause

JENNIFER KRAUSE/FOR METRO CALGARY

▶ After a 375-foot rappel, I have to admit, I was glad to have my feet firmly planted on solid ground.

Metro editor makes 375-foot descent in fundraiser for Easter Seals and Camp Horizon

DARREN KRAUSE
@METRONEWS.CA

I woke up at 5 a.m., for a 7:24 a.m. descent from the Sun Life Building for this year's Easter Seals Drop Zone.

I'm not a real fan of heights and I was soon to stare down a 375-foot rappel — albeit for a great cause.

I arrived, signed in and went up the elevator to the prep room, where they geared me up, and gave me some final words of encouragement — "You'll do great."

Up to the rooftop I went and still, everything was kosher. I remember thinking, "Nice view, even with the clouds and rain."

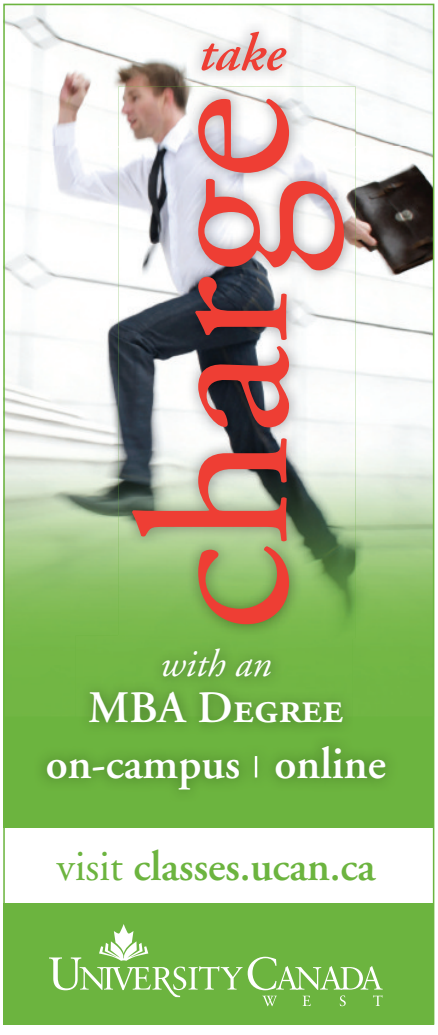
"Toes on the ledge, butt hanging over 4th Avenue, I took that fateful first step."
DARREN KRAUSE

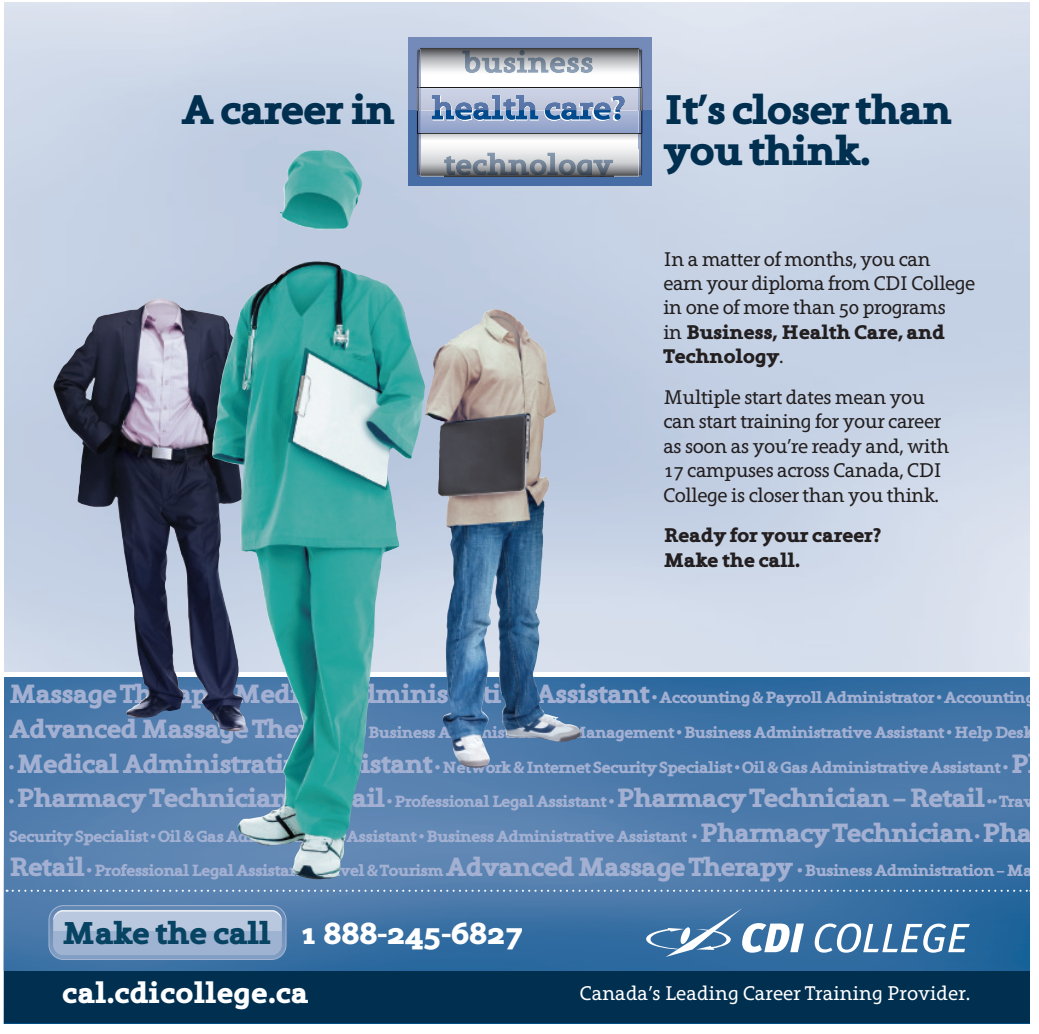
Then the call comes, "Who's next?" I looked at my watch, "Shoot, that's me." I sheepishly inch forward; they fasten me to all the rigging, and then ask me to back out on to the ledge. What?

Toes on the ledge, butt hanging over 4th Avenue, I took that fateful first step.

Not so bad after that first step.

Needless to say, thanks to the folks from Crux Climbing and the team from RATT, I made it safely to the bottom.





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FIGHT AGAINST CANCER

Fundraiser nears $1M mark

A promise to his late wife to raise money for the cause and build a legacy for his five-year-old daughter drove Lyall Marshall to create the Face Off Against Cancer fundraiser.

Four years later, the fundraiser is approaching a total of $1 million for research and support for Albertans living with Cancer.

This year, Marshall is raising money for Ryan Westerman and his daughter, a volunteer whose wife was also stricken with cancer. The tournament hopes to raise almost $200,000.

"It's looking like a tremendous milestone, I'm pretty elated," Marshall said.

Notable participants include Cory Cross, Terry Johnson and Global Calgary's Grant Pollock.

MONIQUE MASSIAH

Flames tee it up for charity

Members of the Calgary Flames took to the links for the 30th annual Celebrity Charity Golf Classic on Thursday at the Country Hills Golf Course.

Star players such as Jarome Iginla, Alex Tanguay and Craig Conroy all made appearances at the event.

METRO CALGARY

Enbridge shuts 2nd pipeline

Greenpeace says word that Enbridge has shut down another oil pipeline in the U.S. shows the Calgary-based company can't be trusted.

The pipeline shutdown in Illinois comes weeks after a leak in a pipeline in Michigan caused a major spill.

METRO CALGARY

Cirque's new show ready to hit the big top

Calgary premiere of KOOZA opens Sept. 16 and runs until Oct. 24 17 new performances went on sale today

KRISTA SYLVESTER/METRO CALGARY

KOOZA workers set up the Big Top tent at Stampede Park on Thursday in advance of next week's opening night.

KRISTA SYLVESTER
@METRONEWS.CA

It's 20 metres high, 50 metres wide and took about 100 people to set up.

Cirque du Soleil's trademark yellow and blue Grand Chapiteau, or the Big Top, was erected at Stampede Park Thursday in advance of the KOOZA limited engagement starting next week.

"It's a lot of work, but we have a travelling team of about 146 people to make it all possible," said Alana Morgan, KOOZA technical operations director. "We're fully self-contained."

Village

- The entire site setup takes seven days, and the take-down takes 48 hours.
- The Big Top seats 2,555 people in a climate-controlled environment.
- The "village" is transported from city to city in 59 tractor trailers.
- There are 56 performers in KOOZA throughout 12 acts.

While the tent has been erected, organizers still have to transform the park into the village by the time the show begins, she added.

KOOZA publicist Emilie Nadeau said Calgary is always a wonderful venue for the Cirque shows, and this is the fourth time the city has been a host.

"This show is unlike anything anyone has seen before and will have people at the edge of their seats, and there is not a bad seat in the house," Nadeau said.

"It's such a magnificent performance and it will really captivate audiences."

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MARRIAGE SURVEY

Grads do like grads as mates

The proportion of university-educated men marrying women with degrees has surged over a 25-year period, a new report says.

But it's a different story for female grads.

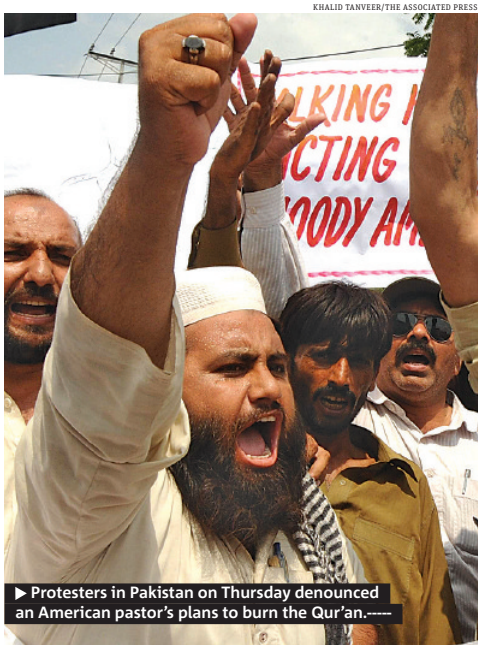
Statistics Canada found that in 2006, 67 per cent of married men with a university degree had a spouse with the same level of education, up from 38 per cent in 1981.

While the majority of women with a university education were married to men who also had degrees, the pattern has decreased slightly over the last quarter-century from 67 per cent in 1981 to 64 per cent in 2006.

THE CANADIAN PRESS

Will he burn? Pastor flip-flops on Qur'an

KHALID TANVEER/THE ASSOCIATED PRESS



▶ Protesters in Pakistan on Thursday denounced an American pastor's plans to burn the Qur'an.----

But imam denies claim of a deal over the Ground Zero mosque

An anti-Islamic preacher backed off burning the Qur'an — but then threatened to reconsider .

Rev. Terry Jones angrily accused a Muslim leader of lying to him Thursday with a promise to move an Islamic centre and mosque away from New York's Ground Zero.

The imam planning the centre denied there was ever such a deal.

Jones generated an international firestorm with his plan to burn the Qur'an on Saturday, the ninth anniversary of the Sept. 11 terrorist attacks.

Standing outside his Pentecostal church in Gainesville, Fla., alongside Imam Muhammad Musri, president of the Islamic Society of Central Florida, Jones said he relented when Musri assured him the New York mosque will be moved.

Later, after Musri and the leader of the New York mosque denied an agreement, Jones said Musri "clearly, clearly lied to us."

Jones said: "So as of right now, we are not cancelling the event, but we are suspending it."

THE ASSOCIATED PRESS

Right or wrong?

Who's right — Rev. Terry Jones or Imam Muhammad Musri?

▶ Musri said there's no deal to move the Ground Zero mosque. He said there's only an agreement for him and Jones to travel to New York to meet with the imam overseeing the plans.

Gay man loses in blood case

Canadian Blood Services is legally allowed to ban men who have sex with men from donating blood, an Ontario court has ruled.

In dismissing a constitutional challenge, an Ontario Superior Court judge ruled Canadian Blood Services is not a government entity, so the Charter of Rights does not apply to its policies.

Canadian Blood Services had sued Kyle Freeman, a gay man who lied when giving blood, and the court has now found him liable for $10,000 for negligent misrepresentation.

'77 In Canada, a man who has had sex with another man since 1977 is not eligible to donate blood.

He launched a counter-claim under the charter

THE CANADIAN PRESS

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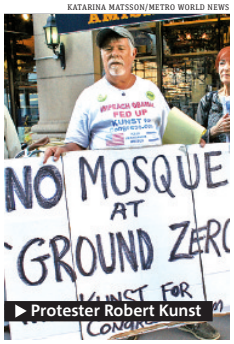
Mosque dispute casts shadow on 9-11 anniversary

Muslim-American community centre still far from reality But it's become an incendiary political topic

Saturday marks the ninth anniversary of the 9-11 terror attacks on the United States. But this year the focus lies two blocks north of Ground Zero outside the planned Muslim-American community centre where a big protest is scheduled. Rally leader Pamela Geller expects "many thousands."

The blogs overflow with anger, the attacks from politicians like Sarah Palin and Newt Gingrich become increasingly bitter, and U.S. President Barack Obama's endorsement seems ever more half-hearted. The target? Mayor Michael Bloomberg's support for the so-called Park51 — the master building for the controversial Ground Zero mosque.

KATARINA MATSSON/METRO WORLD NEWS



▶ Protester Robert Kunst

And the rally planned for Saturday's anniversary of 9-11 is threatening to explode in violence.

Conservative blogger and anti-Islam activist Geller, one of the centre's loudest opponents and co-founder of Stop Islamization of America, told Metro she expects many thousands to participate Saturday. The rally will begin at Park51 after the conclusion of the official memorial service.

Gina Shadid, a 27-year-old graduate student at Columbia University and a supporter of Park51, says there will be counter protests. "I think it's really disrespectful. We didn't want to plan something, but we need to counteract all that negative energy."

KATARINA MATSSON

Muslim firefighter recalls 9-11

For firefighter Hisham Tawfiq, Sept. 11, 2001, will always be a moment frozen in time.

Tawfiq arrived after the two jets had smashed into the upper storeys of the World Trade Center in lower Manhattan, killing close to 3,000 people. He watched nearby Building 7 collapse under debris falling from the WTC.

Tawfiq is a passionate Muslim, whose father was an imam.

KATARINA MATSSON

KATARINA MATSSON/METRO WORLD NEWS

"It's one of those defining moments in history. There's an undercurrent of change."
FIREFIGHTER HISHAM TAWFIQ

▶ "It's important because people's feelings about Muslims are coming out," says Gina Shadid, a Park51 supporter.

BACKERS OF PARK51 REGRET FIRESTORM

The backers of a proposed Islamic centre near Ground Zero are expressing regrets about creating a firestorm with a plan they thought would be simple and non-controversial.

Hisham Elzanaty, an Egyptian-born businessman who says he provided a majority of the financing to gain control over the two buildings where the centre would be built, told The Associated Press he has always viewed the project primarily as an investment opportunity, and would sell some of the site if the price is right.

And the imam slated to lead the spiritual component of the centre told CNN that if he had realized how some Americans would react to the location, he would have picked some other spot.

"If I knew this would happen, if it would cause this kind of pain, I wouldn't have done it," Feisal Abdul Rauf said.

THE ASSOCIATED PRESS

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COLORADO WILDFIRE

Fire may hit heart of Boulder

A Colorado wildfire that already has destroyed 170 homes showed no signs of relenting Thursday as wind gusts of more than 64 km/h threatened to drive the flames eastward from the Rocky Mountain foothills and into the heart of Boulder, where some residents were warned to be ready to flee.

Officials worried about a repeat of the devastation in the foothills, where neighbourhoods once filled with million-dollar homes and scenic mountain cabins have become piles of smoking rubble. On one lot, all that survived was a tennis court. On others, all that's left are crumbling, ash-covered foundations.

Authorities told Boulder's west-side residents to prepare to evacuate.

THE ASSOCIATED PRESS

Running of the bulls turns fatal

Officials say a 48-year-old woman has died at a running-of-the-bulls event in central Spain. A statement issued by local authorities in the town of Arganda del Rey says Maria del Carmen Lopez del Burgo died after she was struck in the head by a passing bull on Thursday.

THE ASSOCIATED PRESS

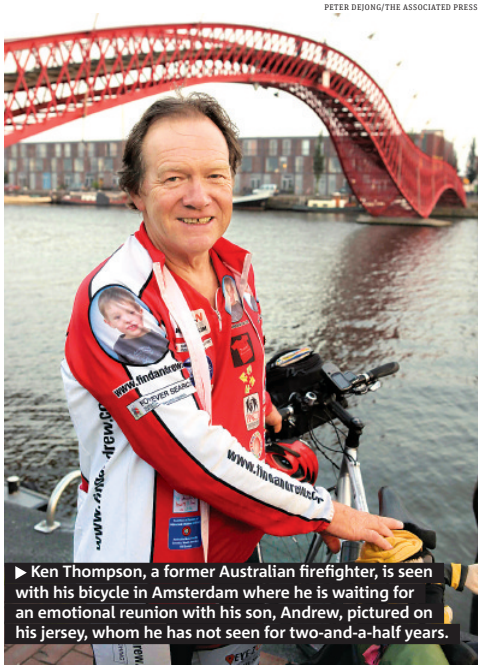
Did fear of curse kill tax law?

Romanian senators have rejected a proposed law whereby witches and fortune tellers would have to produce receipts, and would also be held liable for wrong predictions. One of the proposal's authors claimed lawmakers were frightened of being cursed.

THE ASSOCIATED PRESS

Dad's long-awaited reunion still on hold

PETER DEJONG/THE ASSOCIATED PRESS



▶ Ken Thompson, a former Australian firefighter, is seen with his bicycle in Amsterdam where he is waiting for an emotional reunion with his son, Andrew, pictured on his jersey, whom he has not seen for two-and-a-half years.

Email tip that led to son's recovery arrived on Australian Father's Day

A former Australian firefighter who toured Europe on a bicycle to highlight the hunt for his missing son said Thursday he will have to wait a little longer for an emotional reunion after the six-year-old was taken into care and the mother who allegedly abducted him was arrested.

"We need to work out some plan for me to be reintroduced to Andrew that will not cause him too much distress," Ken Thompson said of his son.

He said it could be "a couple of days" before he sees his son again.

Thompson said earlier that he was still processing the joy of hearing Andrew had been tracked down and taken into foster care in Amsterdam. Police in the city arrested his wife Melinda on Monday.

"If we don't manage this carefully, it could cause more harm than good. Andrew has not seen me for two-and-a-half years."

KEN THOMPSON

A spokeswoman for prosecutors said an Australian woman was arrested on an international warrant and jailed while authorities await an extradition request. She declined to give further details or release the woman's identity because of Dutch privacy rules, but did say that "there is a minor involved ... a six-year-old son."

Police declined to comment on the case.

THE ASSOCIATED PRESS

New book tells true story of horrific ordeal

3,096 Days details author's life in captivity Author says she's stung by 'stupid jokes' made in her presence

Amid tight security and applause, an Austrian kidnap victim presented a book about her eight-and-a-half-year ordeal Thursday, saying she wrote it to start a new life.

Natascha Kampusch was abducted as a 10-year-old and held in an underground cell in a Vienna suburb until she escaped in August 2006. Her captor, Wolfgang Priklopil, killed himself soon after she got away. The story sent shock waves around the world.

In the new account of her captivity, which is titled 3,096 Days and went on sale earlier this week, the now 22-year-old says she was repeatedly beaten, starved and forced to do housework half-naked at the mercy of a paranoid man who admired Hitler and wanted her to call him "maestro" and "my lord."

HANS PUNZ/THE ASSOCIATED PRESS

▶ Natascha Kampusch poses with her book.

"Enough time has passed ... I just wanted to start a new life," Kampusch told a large crowd crammed into a Vienna bookstore for the roughly one-hour event.

As people young and old listened attentively and clapped, Kampusch read excerpts depicting, among other things, her first day in the dungeon and her failed attempt — during a ski trip with her captor — to seek help from a woman in a public restroom.

In a question-and-answer session, Kampusch said she was wounded by people who react negatively towards her.

THE ASSOCIATED PRESS

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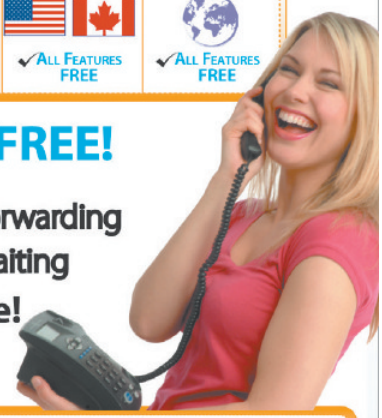

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Iran to free one jailed American for Ramadan

During Islamic holy month, Muslims participate in charitable giving Eid al-Fitr marks end of Ramadan

Iran said it will free one of three Americans jailed for more than a year on Saturday in a clemency to mark the end of the Islamic holy month of Ramadan.

The Culture Ministry sent a text message to reporters telling them to come to a Tehran hotel to witness the release. It is the same hotel where the three were allowed the only meeting with their mothers since they were detained in July 2009.

"Offering congratulations on Eid al-Fitr," the message said referring to the holiday marking the end of the fasting month. "The release of one of the detained Americans will be at Saturday, 9 a.m. at the Estaghlal hotel." It is common in the Islamic world to mark the Eid al-Fitr holiday by showing clemency and releasing prisoners.

THE ASSOCIATED PRESS

Ramadan. Celebrations

▶ An overloaded passenger train passes through Tongi railway station on the outskirts of Dhaka, Bangladesh, Thursday.

PAVEL RAHMAN/THE ASSOCIATED PRESS

Heading home for the holidays

Thousands of Bangladeshi Muslims are heading home to celebrate Eid al-Fitr, a Muslim feast marking the end of the holy fasting month of Ramadan.

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Nine-tenths of all the energy we use is still produced from carbon-based sources like coal, oil and natural gas.

Electricity can be produced from wind, but electricity plays only a small role in our transportation system. Denmark is thought of as a country that runs on wind turbines. Even in that country, though, hydrocarbons account for nearly 48 times as much energy as wind, according to the Energy Information Administration.

Solar power is still far too expensive. It cost up to $0.20 to produce one kilowatt-hour of electricity last year, whereas generating electricity with natural gas cost between $0.02 and $0.10.

Electric cars? Gasoline has from 50 to 80 times the energy density – energy per unit of volume – of the best available lithium-ion battery. Gasoline engines will continue to dominate the market for decades.

The day renewable energies will replace oil is still far away.

But don't despair. I have a solution to start helping the environment right away: The four-day work week. One fewer day per week of traffic, lights, computers and elevators soaking up energy.

But the economy sucks, you say. People are losing their jobs. And most Canadian companies are small businesses — with fewer than 10 employees, it's hard to do without one's sole receptionist on Fridays.

I hear you. So I thought of one group that could start the movement: Politicians. They love to spend our money on laws, programs and subsidies that cater to interest groups. If politicians only work four days, lobbyists will also have to reduce their work week. Mother Nature will be happy.

If politicians only work four days, lobbyists will also have to reduce their work week. Mother Nature will be happy.

Taxpayers, too. My own provincial government recently spent $732 million on subsidies — mostly to multinational corporations — in just one week. Actually, it was a four-day week because of a holiday. Imagine if they had had five!

Colour me cynical, but I believe that the less politicians work, the less damage they cause.

We can act now for planet Earth. Let's adopt the four-day work week for politicians. The environment — and your wallet — will feel better.

David Descôteaux is a freelance economic journalist and an associate researcher at the Montreal Economic Institute.

Incentives can't last: Ford

Low fuel prices and big customer incentives have made trucks a surprising winner with consumers who might otherwise have opted for a car and that's expected to carry over into 2011, says the chief executive of Ford Canada.

But the trend is not sustainable over the longer term, David Mondragon said Thursday at a business luncheon at a downtown hotel.

"We know that artificially inflating demand with high consumer incentives is not the way to go. We know that we cannot afford to take a short-term view," Mondragon said.

"In the not too distant future, we predict oil prices to exceed $100 US per barrel once again, shifting consumer behaviour to more fuel efficient vehicles."

The Canadian vehicle market has been very competitive of late with Ford and General Motors vying to regain the top sales spot and Toyota hoping to win back customers after a spate of recalls.

To compete, the automakers are offering bigger and bigger incentives.

Ford Canada employs approximately 6,000 people at assembly plants in Oakville, Ont., and St. Thomas, two engine plants in Windsor and parts distribution centres in Brampton, Ont., and Edmonton.

However, nearly 400 employees will be laid off this fall when the company cuts one of the two shifts at its Windsor Engine Complex in southwestern Ontario.

400 The number of employees who will be laid off this fall at Ford's Windsor, Ont. plant.

It has also said it will close its St. Thomas, Ont., plant next year, leaving another 1,500 auto workers without jobs.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. THURSDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold contracts
– 8.73 (12,033.53)	+ 0.35¢ (96.74¢ US)	– 42¢ US ($74.25 US)	$3.768 (– 4.6¢)	$1,248.90 (– $6.70)

CONTRIBUTED

▶ Pierre A Lamielle

5 MINUTES WITH: PIERRE A LAMIELLE

Pierre A Lamielle is a Calgarian cook, illustrator and the author of the award-winning cookbook Kitchen Scraps. He also writes a blog by the same name and is in the process of writing his second cookbook to be released next year.

You're not only a cook, but an illustrator as well. How did you get involved in these two seemingly different careers?

Like the best things that always tend to happen, it was totally by accident. I was an illustrator originally and I loved food but I never wanted to work in a restaurant and then I started … the Easy Cook column with Swerve magazine, just because I did illustrations for them and I had an interest in food. It kind of took off and at some point along that path, I decided to go away to cooking school and when I was there I learned a ton of stuff. Actually, when I was in cooking school I got the contract for my cookbook … and then I came back to Calgary and decided not to get back into newspaper writing the way I was before, but to sort of explore the food and illustration avenue and that's sort of where I've been for the last few years.

You're working on a second cookbook right now.

I am … we're a week away from announcing it. I'm working on a book with Julie Van Rosendaal, who's a local food writer. We're doing an Alice In Wonderland cookbook, which will be, I can't even tell you how crazy awesome this book is going to be. We're getting up to about a quarter of the way done the book and we're really excited.

In looking at your illustrations, it seems like you incorporate quite a bit of humour into your cooking. Why is that important to you?

I don't know. I just think food especially takes itself really seriously and I think if you're going to be doing something every single day, you might as well be having fun doing it … Food isn't about cooking, it's about eating. You might as well have fun because you have to eat.

If you were trapped on a deserted island, what's the one food you would take?

That's crazy. How long would I have to be there?

Eternity.

So I have no chance of survival? Can I say smorgasbord? Or fondue? I'm going to go with smorgasbord.

METRO CALGARY

Cartoon

MICHAEL DE ADDER

Flap those arms, men

Worth mentioning

John Travolta was onto something. Women are most attracted to male dancers who have big, flamboyant moves similar to the actor's trademark style, British scientists report in a new study.

Kris McCarty and colleagues at Northumbria University and the University of Gottingen in Germany asked 19 men aged 18 to 35 who were not professional dancers to dance in a laboratory for one minute to a basic drum rhythm. They filmed the men's movements with a dozen cameras, and then turned those movements into computer-generated avatars so the study could focus on moves, not appearances.

Scientists then showed the dancing avatars to 37 women, who rated their skills on a scale of 1 to 7. According to the women, the best dancers were those who had a wide range of dance moves and focused on the head, neck and torso.

Rufus Johnstone, a reader in the evolution of animal behaviour at Cambridge University, said there are similarities between animal mating rituals and what happens in modern dance clubs.

"There are lots of cues females use when choosing a mate, like a peacock puffing out its tail," he said. THE ASSOCIATED PRESS

All the right moves

THE ASSOCIATED PRESS FILE

What is the best job you ever had?

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Metro Minute with Bieber-Palooza

Bieber fever is set to hit Eau Claire Market's North Plaza Saturday from 10 a.m. to 2 p.m.

AMP Radio brings Bieber-Palooza to diehard Calgary Justin Bieber fans. With registration starting at 10 a.m., the YouTube teen singing sensation's fans will have a chance to win tickets to the Sept. 20 concert at the Pengrowth Saddledome.

Ticket giveaways will continue every half-hour until 2 p.m., at which time front row tickets will be given away.

AMP radio judges will also determine the best homemade Bieber banner — and with it, the last remaining ticket to the concert.

METRO CALGARY

Three days to play

ARE YOU PAYING ATTENTION TO THE MUNICIPAL ELECTION?

Brian Watt
CALGARY
No, I'm not. I just don't pay attention to it.

Allison Moore
CALGARY
I'm really excited for the election. I work in the marketing field and am always excited to see the new suggestions for changes in the way that we manage the city.

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▶ Carey Mulligan, left, stars in Never Let Me Go with Keira Knightly, centre.

Mulligan excited for 'biggest part' yet

Oscar nominee badly wanted role in Never Let Me Go after reading the popular book the movie is based on Actress enjoyed bringing life to a character she fell in love with

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LOS ANGELES

Carey Mulligan is the first to admit that her latest film, the adaptation of Kazuo Ishiguro's Never Let Me Go, was a role very close to her heart, as she fell in love with the novel before an film was even planned. Nominated for an Oscar last year for her performance in An Education, 25-year-old Mulligan is quickly developing an impressive resume. She sat down with Metro to discuss the themes of the novel, playing a part she never thought she'd get and ignoring the noise of awards season.

Were you a fan of the book before auditioning?

Yes. My mum was a big Ishiguro fan, and I read it immediately after her. I loved it, and didn't really think it was a part I could get because of all the usual reasons. So when it came around, to get to audition for it was huge for me. It was sort of the biggest part I'd auditioned for — and kind of the best phone call I'd ever had when I got the job.

So why do you think the characters don't run away?

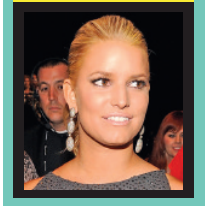
I don't see any reason why they would, having kind of briefly lived in that world. You know, they're brought up to believe if they leave the confines of their school, it's certain death. There's nothing out there that's better than what they have, in their minds.

We're heading into awards season again soon. How is living in that world so early in your career?

It sort of feels like that's somehow always the ultimate goal, and for me that's not the ultimate goal. It's sort of like the only merit you can have as a film is if you win an award, and I think the merit you have with the film is if you take a book that people love and you make a film that's faithful to that book and doesn't hurt the book and tell a story that moves people in whatever way.

2 scene

News in brief



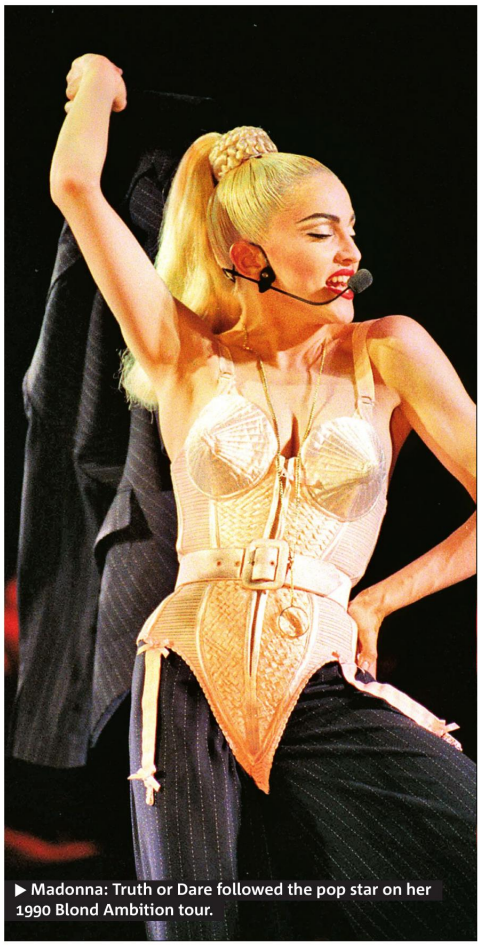
Jessica Simpson took her seat as guest judge at Thursday's Project Runway show at New York Fashion Week in a super-short, sparkly silver minidress.

Ten aspiring designers showed their collections to Simpson, Heidi Klum, Michael Kors and Nina Garcia, although several knew they already didn't make the cut and won't be the Season 8 winner. Extra designers needed to participate to keep secret the winners and losers of episodes that haven't yet aired.

THE ASSOCIATED PRESS

Japanese cult director Miike remakes samurai classic 'Thirteen Assassins' for new generation

Music docs that top the charts



▶ Madonna: Truth or Dare followed the pop star on her 1990 Blond Ambition tour.

Get a fascinating look behind the music with five of the best true stories on musicians ◐ Sex, drugs, rock 'n' roll and everything else

There are music documentaries that are all about the music — concert films that focus solely on the artistry and thrill of live performance — and then there are juicy ones that are all about backstage ego and volatility.

I'm Still Here, which follows Joaquin Phoenix's tumultuous transformation from Oscar-nominated actor to shaggy, doughy rapper, would seem to fall into the latter category — if it truly is a documentary, that is, and not an elaborate put-on. Here are some other examples of serious rock-star behaviour:

Bob Dylan: Don't Look Back

A classic from legendary documentarian D.A. Pennebaker, this behind-the-scenes look at the 23-year-old Dylan set the standard for this kind of film. It's got all that famous imagery: the black-and-white verite photography, Dylan standing there tossing away cue cards with the lyrics to Subterranean Homesick Blues. All impish charisma and childish impulse, Dylan tours England in 1965 with Joan Baez and Donovan, tussles with reporters and forges one of the many facets of his persona we'd come to know, or at least think we know. Walk Hard: The Dewey Cox Story parodies this time in Dylan's life with dead-on hilarity.

▶ The documentary Gimme Shelter followed the Rolling Stones and includes the now infamous concert the band played in 1969 at Altamont.

I Am Trying to Break Your Heart

Visually similar to Don't Look Back with its grainy, black-and-white cinematography, this documentary began life as an up-close depiction of the Chicago band Wilco as it stood on the brink of stardom. It ended up being an indictment of the corporations that run the recording industry. Led by singer-songwriter Jeff Tweedy, the band records its fourth album, Yankee Hotel Foxtrot, only to reach an impasse with the label over its content. Frustrations lead to infighting. But director Sam Jones' film also functions beautifully in its performance scenes, whether in the intimacy of rehearsal or on stage, where Wilco enjoys a cult-like fan following.

Metallica: Some Kind of Monster

A riveting look at a turbulent time in the monstrously popular metal band's history. You don't have to be a Metallica fan to enjoy this movie (though there are plenty of recording sessions to watch if you are). Through the group's brutally honest therapy sessions, filmmakers Joe Berlinger and Bruce Sinofsky tell a story of loyalty, communication, redemption and the challenges that come with continuing a career in your 40s. The members of Metallica fight, record their album St. Anger, fight some more, and eventually find some kind of peace. The film is so nonjudgmental — and often so insightful — it never falls into Spinal Tap-style parody.

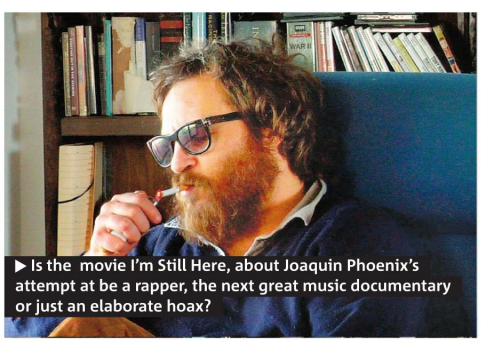
Gimme Shelter

Another classic from another legendary documentarian, Albert Maysles. Here, the volatility doesn't just exist backstage, it permeates every scene, swelling as the film leads up to its explosive climax: the Rolling Stones' concert at Altamont, where a clash between Hell's Angels and fans results in death. Maysles follows the band's 1969 tour, and the feeling of dread is inescapable; the fact that we know what's coming at the end in no way depletes it of its suspense. Mick Jagger tries to quell tensions from the stage, but even being a sexy and charming rock star does no good in a violent crowd of hundreds of thousands. The band's reaction to the footage afterward is chilling.

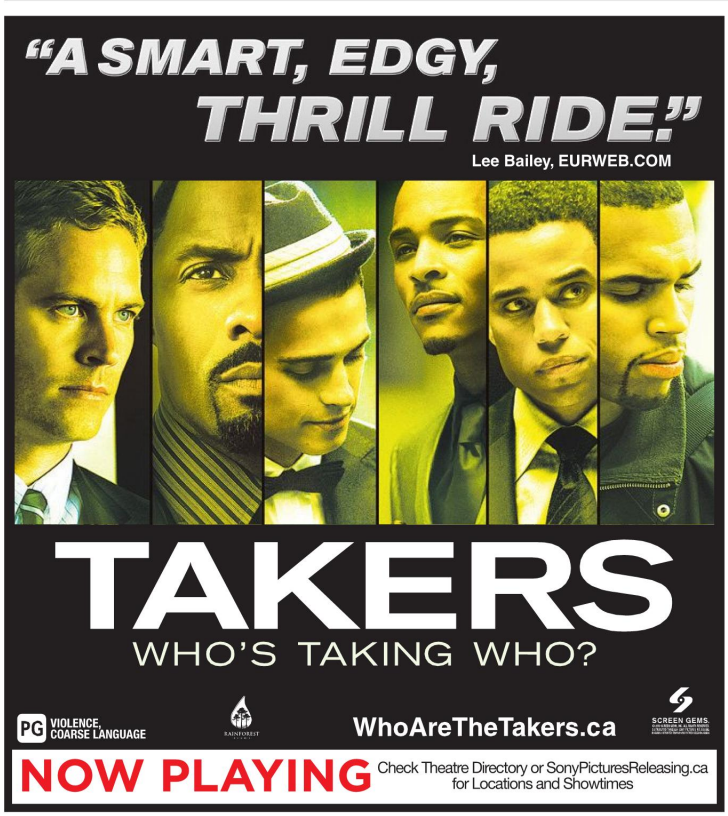
Madonna: Truth or Dare

A striking mix of black and white with bursts of colour during the concert scenes, which seems fitting for Madonna, given the dramatically fluctuating images of herself she presents to the world. Director Alek Keshishian follows Madonna on her grueling 1990 Blond Ambition tour and provides many of the moments we've come to associate with the pop star: the pre-show prayer circles, the sex games with her dancers, the backstage dissing of Kevin Costner. She's always fully aware she's being filmed, of course — don't kid yourself that you're seeing the "real" Madonna. As "herself," though, she certainly gives a better performance than she did in Swept Away. And if it doesn't happen on camera for Madonna, as Warren Beatty astutely observes, it may as well not happen at all.

THE ASSOCIATED PRESS



▶ Is the movie I'm Still Here, about Joaquin Phoenix's attempt at be a rapper, the next great music documentary or just an elaborate hoax?



Night raises the Devil

Shyamalan gives up director's chair for latest thriller ◗ Filmmaker prefers fun scary over trauma scary

TREVOR PARKER
SCENE@METRONEWS.CA

▶ In Devil, five strangers are trapped in an elevator and one of them is hiding a dark secret.

Filmmaker M. Night Shyamalan has made a career out of assaulting audiences' nerves with his tense and twisting thrillers, and now for the new film Devil he's called in reinforcements. Shyamalan serves as Devil's producer and story creator while bringing the Dowdle brothers (Quarantine) on board to handle directing duties. Opening next Friday, the film tells the tale of five strangers trapped in an elevator and struggling to uncover which of them hides a diabolical secret before time runs out.

Originally intending to direct Devil himself, Shyamalan was impressed with the Dowdles' interpretation: "They just made a really scary movie, which I guess is the bottom line. And it's the fun scary. You know how there's like, trauma scary? That's not what this is. You'll actually be giggling at yourself because you're jumping so much. That was really our goal. After seeing Quarantine, I said I wanted that level of fun ride to Devil."

Devil will be the first in a planned series of films called The Night Chronicles, in which other directors and screenwriters will work with story outlines provided by Shyamalan. "I'm always choosing one (idea) over the other for myself to make, but I really want to tell these stories, so I thought, 'Let's go out and get some great filmmakers to help,'" he explains.

After Shyamalan's last outing, the more family-oriented The Last Airbender, he's eager to jump back into the fright business. "It's kind of cool to have a family movie come out and then Devil, which is the sort of movie I would love to go see myself. I'm a tension junkie, a crack addict for suspense," he laughs.

No remake

- **Dreading the** possibility of an unnecessary "reimagining" for Shyamalan's 1999 hit The Sixth Sense? Fear not, this is one classic title that will remain tamper-proof. Shyamalan assures Metro that he accepted a reduced paycheque at the time of filming in order to retain all rights to his Sixth Sense screenplay and that he's none too keen on ever seeing it remade.

What happens when Internet fame fades

KEITH CARMEN
SCENE@METRONEWS.CA

"Jack Rebney is like a jazz musician with his swear words, he uses them so eloquently," laughs producer/director Ben Steinbauer about the subject of his latest documentary Winnebago Man.

Steinbauer doesn't jest. 80 year-old Jack Rebney gives the term "coarse language" new meaning. He's one of the world's most popular anti-celebrities thanks to a leaked series of expletive-laden snippets culled from an industry video he starred in for an R/V company some 20 years ago. In these deleted clips, the camera captures Rebney's worst possible day: forgotten lines, pesky flies and an endless stream of cursing that would make a sailor blush.

Over the years, VHS copies of said outtakes generated a cult following around the globe, eventually earning Rebney the epithets "Winnebago Man" and "The Angriest Man On Earth." With the advent of internet video, Rebney's tirades became one of the world's most-watched viral clips, prodding Steinbauer to track down the inadvertent celebrity.

During the film, Steinbauer relates his infatuation with the bootleg cassette, his hunt for Rebney — who was living reclusively in a Northern California cabin entirely unaware of his infamy — and the eventual realization that Rebney earned renown as an eccentric, hot-tempered sort for a reason.

The movie shows how life makes some odd twists and turns; pushes realization that time doesn't always forget. Yet why would a self-proclaimed hermit agree to be subjected to such scrutiny?

"Authenticity," Rebney waxes poetically. "Films today are vicious. It's de rigeur to hurt other people. I'm not hurting anybody. It's just me saying, 'God, am I f**king this up.' When people saw the film, some were laughing, some were crying. Many said they felt like they really knew me. That's what made it worth it to me."

By the numbers

- **Years Winnebago Man** has been circulating underground: 21
- **Year Ben Steinbauer** first saw it: 2001
- **Hours of fresh** Rebney footage Steinbauer shot: Less than 100

THESE PAGES COVER MOVIE START TIMES FROM FRI., SEP. 10 TO THURS., SEP. 16. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

CANYON MEADOWS
Bay 110 13226 Macleod Trail, 403-670-5444

Cats & Dogs: The Revenge of Kitty Galore (G) Fri-Thu 12:55-4:10-7
Charlie St. Cloud (PG) Fri-Thu 3:45-7:30-9:55
Get Him to the Greek (18A) Fri-Thu 9:45
Grown Ups (PG) Fri-Thu 1:10-3:30-7:10-10
How to Train Your Dragon (PG) Fri-Thu 1:35
Iron Man 2 (PG) Fri-Thu 9:50
The Karate Kid (PG) Fri-Thu 1-3:55-7
Knight and Day (PG) Fri-Thu 1:05-3:40-6:50-9:55
The Last Airbender (PG) Fri-Thu 1:20-4:05-7:25
Prince of Persia: The Sands of Time (PG) Fri-Thu 9:25
Ramona and Beezus (G) Fri-Thu 1:30-4:15-6:45
Robin Hood (14A) Fri-Thu 9:20
Sex and the City 2 (14A) Fri-Thu 9:30
Shrek Forever After (PG) Fri-Thu 1:25-4:10-7:20
The Sorcerer's Apprentice (PG) Fri-Thu 1:15-3:50-7:05-9:40
The Twilight Saga: Eclipse (PG) Fri-Thu 12:45-3:35-6:55-9:40

CROWFOOT CROSSING
91 Crowfoot Terrace, 403-547-3316

The American (14A) Fri-Tue 1:40-4:25-7:35-10:20 Wed 4:25-7:35-10:20 Thu 1:40-4:25-7:35-10:20 Star & Strollers Screening Wed 1
BBC Last Night Of The Proms 2010 (STC) Sat 12:30
Despicable Me 3D (G) Fri-Thu 2:20-4:30-6:50-9:40
Eat Pray Love (PG) Fri-Tue 12:55-4:7-10 Wed 4-7-10 Thu 12:55-4-7-10 Star & Strollers Screening Wed 1
The Expendables (STC) Fri-Thu 1:10-4:20-7:15-9:50
Going the Distance (18A) Fri-Thu 1:15-3:55-7:10-9:55
Inception (PG) Fri-Thu 1-4:15-8
The Last Exorcism (14A) Fri-Thu 1:55-4:25-7:40-10:25
Machete (18A) Fri-Thu 1:30-4:10-7:50-10:20
Nanny McPhee Returns (G) Fri-Thu 2-4:40-7:05
The Other Guys (PG) Fri-Thu 1:50-4:20-7:25-10:10
Resident Evil: Afterlife 3D (18A) Fri-Sat 1:20-4:05-7:20-9:55 Sun 1:20-4:05-7:20-10 Mon-Thu 1:20-4:05-7:20-9:55
Scott Pilgrim vs. the World (PG) Fri-Thu 9:35
The Switch (PG) Fri 2:10-4:45-7:30-10:05 Sat 4:45-7:30-10:05 Sun-Thu 2:10-4:45-7:30-10:05

EAU CLAIRE MARKET
200 Barlay Parade, 403-263-3166

The American (14A) Fri 7-9:50 Sat-Sun 12:40-3:30-7-9:50 Mon-Thu 7-9:50
Eat Pray Love (PG) Fri 6:30-9:40 Sat-Sun 12-3:10-6:30-9:40 Mon-Thu 6:30-9:40
Get Low (PG) Fri 6:50-9:30 Sat-Sun 12:20-3:20-6:50-9:30 Mon-Thu 6:50-9:30
Going the Distance (18A) Fri 6:40-9:20 Sat-Sun 12:10-3-6:40-9:20 Mon-Thu 6:40-9:20
Inception (PG) Fri 8 Sat-Sun 12:30-4-8 Mon-Thu 8
Resident Evil: Afterlife 3D (18A) Fri 7:10-10 Sat-Sun 12:50-3:50-7:10-10 Mon-Thu 7:10-10

EMPIRE STUDIO 16 COUNTRY HILLS
388 Country Hills Blvd., 403-686-8491

The American (14A) Stadium Seating, SR Dolby Digital Fri-Thu 1-3:50-7:20-10
Avatar: Special Edition 3D (PG) SR Dolby Digital, Stadium Seating Fri-Sun 12:30-4:10-8 SR Dolby Digital, Stadium Seating Mon-Thu 4:10-8
Dinner for Schmucks (14A) SR Dolby Digital, Stadium Seating Fri-Thu 9:40
Eat Pray Love (PG) Stadium Seating, SR Dolby Digital Fri-Sun 12:25-3:40-6:45-9:50 Stadium Seating, SR Dolby Digital Mon-Thu 3:40-6:45-9:50
The Expendables (STC) SR Dolby Digital, Stadium Seating Fri-Sun 1:50-4:30-7:20-9:55 SR Dolby Digital, Stadium Seating Mon-Thu 4:30-7:20-9:55
Flipped (PG) No Passes, SR Dolby Digital, Stadium Seating Fri-Sun 12:40-3:15-7-9:30 No Passes, SR Dolby Digital, Stadium Seating Mon-Thu 1:15-4:05-7-9:30
Going the Distance (18A) Stadium Seating, SR Dolby Digital Fri-Sun 12:50-3:20-7:10-9:45 Stadium Seating, SR Dolby Digital Mon-Thu 1:25-4:35-7:10-9:45
Inception (PG) SR Dolby Digital, Stadium Seating Fri-Sun 12:15-3:30-6:40-9:55 SR Dolby Digital, Stadium Seating Mon-Thu 3:30-6:40-9:55
The Last Exorcism (14A) Stadium Seating, SR Dolby Digital Fri-Thu 10:15
Machete (18A) Stadium Seating, SR Dolby Digital Fri-Thu 2-4:40-7:40-10:15
Nanny McPhee Returns (G) Stadium Seating, SR Dolby Digital Fri-Sun 12:10-3:10-6:50 Stadium Seating, SR Dolby Digital Mon-Thu 1:05-3:45-6:50
The Other Guys (PG) Fri-Thu 1:15-4-6:45-9:25
Resident Evil: Afterlife (18A) No Passes, Stadium Seating, SR Dolby Digital Fri-Thu 1:30-4-7:45-10:10
Salt (14A) Stadium Seating, SR Dolby Digital Fri-Sun 12:45-3:30-6:55-9:35 Stadium Seating, SR Dolby Digital Mon-Thu 1:30-4:25-6:55-9:35
Scott Pilgrim vs. the World (PG) SR Dolby Digital, Stadium Seating Fri-Thu 1:20-4:20-7:15-10
The Switch (PG) Fri-Thu 1:40-4:15-7:30-10:05
Takers (PG) SR Dolby Digital, Stadium Seating Fri-Thu 1:10-4:05-7:05
Toy Story 3 3D (G) Stadium Seating, SR Dolby Digital Fri-Thu 12-3-6:30

EMPIRE STUDIO 10 MACLEOD TRAIL
100-16061 MacLeod Trail, 403-974-0470

The American (14A) Stadium Seating, SR Dolby Digital Fri-Thu 12:40-3:15-7-9:50
Despicable Me 3D (G) Digital Presentation, Stadium Seating, SR Dolby Digital Fri-Thu 1:3:30-6:30
Eat Pray Love (PG) Stadium Seating, SR Dolby Digital Fri-Thu 12:30-3:40-7:45
The Expendables (STC) Stadium Seating, SR Dolby Digital Fri-Thu 1:50-4:30-7:15-10
Going the Distance (18A) Digital Presentation, Stadium Seating, SR Dolby Digital Fri-Mon 1:20-4-6:50-9:40 Digital Presentation, Stadium Seating, SR Dolby Digital Tue 4-6:50-9:40 Digital Presentation, Stadium Seating, SR Dolby Digital Wed 1:20-4-9:40 Digital Presentation, Stadium Seating, SR Dolby Digital Thu 4-6:50-9:40
Inception (PG) Stadium Seating, SR Dolby Digital Fri-Thu 12:50-4:20-8
The Last Exorcism (14A) Stadium Seating, SR Dolby Digital Fri-Thu 1:40-4:10-7:10
Machete (18A) Stadium Seating, SR Dolby Digital Fri-Thu 1:30-4:20-7:20-10:10
The Other Guys (PG) Stadium Seating, SR Dolby Digital Fri-Thu 1:10-3:50-6:40-9:30
Resident Evil: Afterlife 3D (18A) Digital Presentation, Stadium Seating, SR Dolby Digital Fri-Thu 1:40-4:40-7:30-10:15
The Switch (PG) Digital Presentation, Stadium Seating, SR Dolby Digital Fri-Thu 9:20
Takers (PG) Stadium Seating, SR Dolby Digital Fri-Thu 9:45

GLOBE CINEMA
617-8 Avenue, 403-262-3308

Animal Kingdom (14A) Fri 7-9:20 Sat-Sun 1-3:20-7-9:20 Mon-Thu 7-9:20
Coco Chanel & Igor Stravinsky (18A) Fri 6:50-9:15 Sat-Sun 12:50-3:15-6:50-9:15 Mon-Thu 6:50-9:15

MOVIEDOME
1039 999 36 St. N.E., 403-248-2000

Cats & Dogs: The Revenge of Kitty Galore (G) Fri-Thu 1:10-4-6:40
Grown Ups (PG) Fri-Thu 12:55-3:45-7:05-9:40
The Karate Kid (PG) Fri-Thu 12:45-4:15-8
Knight and Day (PG) Fri-Thu 1-3:45-6:55-9:50
The Last Airbender (PG) Fri-Thu 7-10
Predators (18A) Fri-Thu 1:05-3:40-6:50-9:55
Ramona and Beezus (G) Fri-Thu 12:55-3:55
The Sorcerer's Apprentice (PG) Fri-Thu 12:50-3:50-6:45-9:45
The Twilight Saga: Eclipse (PG) Fri-Thu 12:45-3:35-6:45-9:35

SCOTIABANK CHINOOK
6455 MacLeod Trail, 403-212-8994

The American (14A) Fri-Thu 1-4:05-7:15-10:15
Avatar: Special Edition 3D (PG) Fri-Thu 12-4-8
BBC Last Night Of The Proms 2010 (STC) Sat 12:30
Despicable Me 3D (G) Fri-Thu 12:10-2:30-4:50-7:20-10:05
Dinner for Schmucks (14A) Fri-Thu 7:05-10
Eat Pray Love (PG) Fri-Thu 12:05-3:20-7:10-10
The Expendables (STC) Fri-Thu 1:15-4:20-7:25-10:25
Going the Distance (18A) Fri-Thu 1-3:45-7:15-10:05
Inception: The IMAX Experience (PG) Fri-Sun 12-3:30-7-10:15 Mon-Thu 3:30-7-10:15
Ladies and Gentlemen, the Rolling Stones (PG) Thu 7
The Last Exorcism (14A) Fri-Thu 12:25-2:40-5:10-7:35-10:30
Machete (18A) Fri-Thu 1:20-4:20-7:30-10:15
Nanny McPhee Returns (G) Fri-Thu 12:45-3:35
The Other Guys (PG) Fri-Wed 12:20-3:15-6:50-9:45 Thu 3:30-6:50-9:45 Star & Strollers Screening Thu 1
Piranha 3D (18A) Fri-Sun 12:15-2:40-5:10-7:45-10:25 Mon 12:15-2:40-5:10-10:25 Tue-Wed 12:15-2:40-5:10-7:45-10:25 Thu 12:15-2:40-5:10-10:25
Resident Evil: Afterlife (18A) Fri-Thu 12:10-3:25-6:55-9:50
Resident Evil: Afterlife 3D (18A) Fri-Thu 1:15-4:15-7:20-10:20
Scott Pilgrim vs. the World (PG) Fri-Thu 12:50-4-7:10-10
The Switch (PG) Fri 1:30-4:25-7:25-10:20 Sat 4:25-7:25-10:20 Sun-Wed 1:30-4:25-7:25-10:20 Thu 4:25-7:25-10:20 Star & Strollers Screening Thu 1
Takers (PG) Fri-Wed 1:10-4:05-7:05-10:10 Thu 1:10-4:05-10:10
The Wiggles: Big Big Show in the Round (G) Tue 6:20

PLAZA THEATRE
1133 Kensington Rd. N.W., 403-283-3636

Automorphosis (STC) Sun 4:30
Cyrus (14A) Fri-Sat 9:35 Sun 2:35 Mon 9:35 Wed 9:35 Thu 5
Fellini's 8 1/2 (PG) Fri 4:25-7 Sat 2:40-7 Sun 12-7 Mon 7 Tue 4:25 Wed 7 Thu 9:15
Fresh Crop (STC) Thu 7
The Human Centipede (18A) Fri-Sat 11:15 Sun 9:30 Mon 5 Tue 7
Restrepo (14A) Sat 5:10
Rouge Ciel (STC) Tue 9

SUNRIDGE SPECTRUM
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The American (14A) Fri-Thu 12:35-3:25-7:25-10:25
Chhevan Dariya (PG) Fri-Thu 12:05-3:10-6:30-9:45
Eat Pray Love (PG) Fri-Thu 12-3:20-6:45-10:10
The Expendables (STC) Fri-Thu 12:50-3:55-7:30-10:15
Going the Distance (18A) Fri-Tue 12:25-3:05-6:55-9:45 Wed 3:30-6:55-9:45 Thu 12:25-3:05-6:55-9:45 Star & Strollers Screening Wed 1
The Last Exorcism (14A) Fri-Thu 1-3:40-7:35-10:05
Machete (18A) Fri-Thu 12:40-3:30-7:05-9:55
The Other Guys (PG) Fri-Thu 12:55-3:50-6:35-9:25
Piranha (18A) Fri-Thu 1:05-4-7-9:30
Resident Evil: Afterlife 3D (18A) Fri-Thu 12:45-3:35-7:15-10
Scott Pilgrim vs. the World (PG) Fri-Sun 12:20-3:45-7:20-10:20 Mon-Tue 12:20-3:45-7:20 Wed 3:45-7:20 Thu 12:20-3:45-7:20 Star & Strollers Screening Wed 1
Step Up 3D (PG) Fri-Tue 3-6:40-9:35 Wed 3-9:35 Thu 3-6:40-9:35
The Switch (PG) Fri-Sun 12:15-2:55-7:10-9:50 Mon-Thu 10:05
Takers (PG) Fri-Thu 12:30-3:15-6:50-9:40
Toy Story 3 3D (G) Fri-Thu 12:10

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The Disappearance of Alice Creed (STC) Fri 7-9:15 Sat-Sun 12:20-2:20-7-9:15 Mon-Thu 7-9:15
Joan Rivers: A Piece of Work (14A) Fri 4:30-7:10 Sat-Sun 12:30-4:30-7:10 Mon 4:30 Tue-Thu 4:30-7:10
The Kids Are All Right (18A) Fri 4:40-9 Sat-Sun 2:30-4:40-9 Mon-Thu 4:40-9
Thomas & Friends: Misty Island Rescue (STC) Sat 10:30

WESTHILLS 10
165 Stewart Green, 403-246-5291

The American (14A) Fri-Sun 1:30-4:20-7:30-10:25 Mon-Thu 6:20-8:55
Despicable Me 3D (G) Fri-Sun 1:20-3:45-6:50-9:20 Mon-Thu 5:20-7:45
Eat Pray Love (PG) Fri-Sun 12:40-3:55-7:10-10:10 Mon-Thu 5:35-8:30
The Expendables (STC) Fri-Sun 1:40-4:30-7:55-10:30 Mon-Thu 6:10-9
Going the Distance (18A) Fri-Sun 12:55-3:20-7:20-9:55 Mon-Thu 5:45-8:15
Inception (PG) Fri-Sun 12:20-3:35-6:40-9:50 Mon-Thu 5:15-8:45
Machete (18A) Fri-Sun 12:50-3:15-7:35-10:10 Mon-Thu 5:50-8:25
The Other Guys (PG) Fri-Sun 1-4-7:05-9:40 Mon-Thu 5:40-8:10
Resident Evil: Afterlife 3D (18A) Fri-Sun 12:45-3:10-7:45-10:20 Mon 5:55-8:20 Tue 5:55-8:15 Wed-Thu 5:55-8:20
Salt (14A) Fri-Sun 1:50-4:25-7:50-10:15 Mon-Thu 6:15-8:50

HANDOUT

▶ Machete, starring Danny Trejo, opened across Canada last weekend.

7th heaven

Prince of Persia: The Sands of Time

DVD
Jake Gyllenhaal's sword-and-sandal film adaption of the popular video game hits store shelves on Tuesday. Bonuses on the Prince of Persia: The Sands of Time DVD include An Unseen World: Making Prince Of Persia, while the Blu-ray allows you to unlock the secrets to some of the action scenes and special effects.

X-Factor

SINGING
What a week on the British TV show. A nervous-but-talented Cher Lloyd wowed judges — including Simon Cowell — with her rendition of Turn My Swag On. Meanwhile, it was a fight that erupted between duo Ablisa (A.K.A. Abby and Lisa) after their less than stellar performance. Visit metronews.ca/scene to see both auditions.

Willow Smith

Celeb
Look's like there's a new princess on the block. Willow Smith, the nine-year-old daughter of Will and Jada Pinkett Smith has a has signed a deal with Jay-Z's label, Roc Nation. The Associated Press reports. Her first song was released this week. It's called Whip My Hair.

Gals as guys

MOVIES
Angelina Jolie's turn as a man in her new film Salt had The Telegraph in the U.K. taking a look at women-turned-men film roles. The fun includes Drew Barrymore and Cameron Diaz in Charlie's Angels, Hilary Swank in Boys Don't Cry, Cate Blanchett as Bob Dylan in I'm Not There, and Julie Andrew in Victor Victoria.

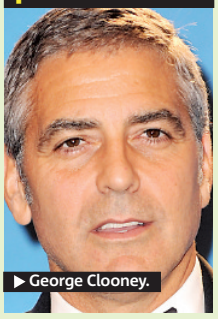
America's Got Talent

TV
Someone is about to be $1 million richer. America's Got Talent is set to announce its winner next week. Those in the running for the prize are 30-year-old crooner Michael Grimm, 32-year-old showman John "Prince Poppycock" Quale, 10-year-old opera phenom Jackie Evancho and the performance troupe Fighting Gravity.

OMB! OMG

MUSIC
After a decade-and-a-half without new material, Orchestral Manoeuvres in the Dark (OMB) is releasing a new album on Sept. 28. The synth-pop pioneers, who appeared on the soundtracks to a number of '80s films, have sold millions of records of their previous albums. METRO

Metro pick


George Clooney.

Stand Up To Cancer

Benefit
The stars have aligned for another TV fundraiser, this time for cancer. The benefit, which will air on all major Canadian and U.S. networks on Friday night, will feature George Clooney, Will Smith, Renee Zellweger and others in a bid to raise funds for cancer research. METRO

Mix of Six

Zoo

Zoogala PRIMAL at the Calgary Zoo on September 10 at the Calgary Zoo
Come back in time and follow your PRIMAL instincts to the best party this city has ever seen. The dinosaurs will be roaming free and so will the food and beverages!!

Drink

The Great Canadian Beer Festival on September 10-11 at the Royal Athletic Park
Beer tokens are $1.25 each, sold inside the stadium only. No ticket sales at the door. The Great Canadian Beer Festival has become one of the worlds' must attend beer events.

Festival

Artcity on September 10-19 at various locations and all events are free
Artcity Festival is Calgary's annual celebration of visual art, architecture, and design for ten days

Fair

Fall Fair - Celebrating Our Rural Roots on September 11-12 at Heritage Park
Western Canada's rural history comes to life during this weekend of harvest celebrations.

Food

Ninth Annual Feast of Fields on September 12 at Rouge Restaurant Garden in Inglewood
Join Slow Food Calgary for a food-fuelled afternoon in the garden. Enjoy plenty of local fare to eat and drink, meet the people who grow your food and the chefs who create delicious dishes.

Expo

Calgary Bridal Expo on September 12 at BMO Centre Stampede Park
Everything bridal with over 120 exhibitors showcasing what's new and hot in for weddings and brides.

Tell us what you are recording @metrocalgary

PVRTweets

What movie star would you like to see in a full-time TV role?
@rozzielee I would like to see Will Smith in a ft tv role! oh wait, that was a part of my childhood memories.
@caraes Matt Damon, make a bourne style tv show since thats what he seems to be best at
@StreetHorsePosse James Dean…but it's a little late now!
@mallen Robert Downy JR or Brad Pitt….it's a toss up

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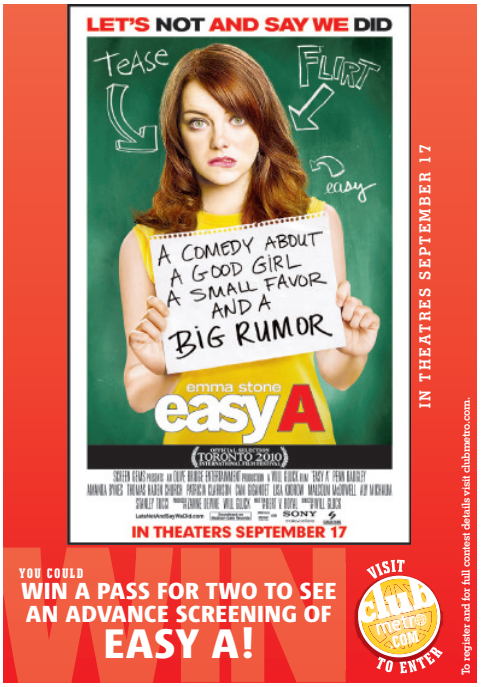

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Music videos make a comeback on the Web

Music blogs and social media help spread word about innovative videos

It wasn't long ago that the music video was on life support.

MTV — which will hold its 27th annual Video Music Awards on Sunday — phased out videos in favour of reality programming and other shows that attracted better ratings. At the same time, the music industry was collapsing and slashed budgets no longer had room for elaborate clips.

But recently, the music video has had a revival. Watching music videos has become a central aspect of Internet usage. Music blogs and social media have greased the channels, facilitating the quick, easy spreading of videos, especially those with arresting or controversial visuals. People even buy clips on iTunes.

Lady Gaga and Beyonce go on a scantily clad murderous rampage with the nearly 10-minute Telephone; MGMT wanders through the desert with a digitally created creature in Congratulation"; Erykah Badu strips while strolling the path of President John Kennedy assassination in Window Seat; MIA depicts a war on terror against redheads in Born Free.

All of these videos exploded on the Internet and became water-cooler moments. Cee Lo's recent and unprintable hit (titled Forget You for radio) went viral with a video of only its lyrics. And Beyonce's Single Ladies (Put A Ring On It) became so iconic is spawned countless imitators and even had then President-elect Barack Obama imitating the hand choreography.

"We're entering another golden era for music videos," says Saul Austerlitz, the author of "Money for Nothing: A History of the Music Video from the Beatles to the White Stripes."

"They've become part of the cultural discourse again in a way that's reminiscent of the heyday of the music video, from the early '80s to the mid '90s."

Today's audiences can be enormous. Shakira, who last year debuted a music video on Facebook, was "blown away" when her video for the official song of the World Cup, Waka Waka (This One's for Africa) — a colorful mix of dancing and soccer star cameos — was nearing 100 million views on YouTube.

"It can take on a life of its own online," says Shakira. "And it inspires us artists to be even more creative. With access to so many videos, we need to challenge ourselves to surprise our fans."

The video, which was distributed by the music video and live music website Vevo, has gone on to be watched by more than 173 million people, good enough for the fourth most-viewed video ever on YouTube.

"If it wasn't for YouTube, the online video space would not be where it is today," says David Kohl, executive vice-president of sales and customer operations at the Sony and Universal co-owned Vevo.

THE ASSOCIATED PRESS

INTERSCOPE RECORDS/HEDI SILMANE/ASSOCIATED PRESS

▶ Lady Gaga, pictured, and Beyonce go on a scantily clad murderous rampage with the nearly 10-minute Telephone.

Comeback kid

▶ **Four of the five** most-viewed clips on YouTube are music videos released in the last year. (Justin Bieber and Lady Gaga top the charts.) Though that's partly because Vevo (which shares a small percentage of advertising revenue with YouTube) tabulates view counts across platforms, it's still a striking example of the music video's dramatic comeback. It's a long way beyond the novelty videos of OK Go that followed YouTube's debut in 2005.

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STRONG RELEASES ON THE FALL SCHEDULE

Sound Check

ALAN CROSS
SCENE@METRONEWS.CA

With CD sales lagging behind last year by at least 12 per cent, the music industry is hoping that a parade of big-name releases will mitigate some of the damage. The fourth quarter is always make-or-break time. Here's some of what we can expect this month:

Interpol/Interpol (Out now): Dark hipster band from New York releases their fourth album and loses bass player Carlos Dengler. No one is saying why.

Stone Sour/Audio Secrecy (Out now): Slipknot frontman Corey Taylor reconvenes his original band (he was in Stone Sour for five years before joined Slipknot) to record a third album. And given that Slipknot's future is still in doubt after the death of bass player Paul Gray, this may become Corey's full-time gig.

Bachman & Turner/Bachman & Turner (Out now): BTO in everything but name. I saw them perform at the High Voltage Festival in the UK back in July. They still got it. Fred Turner's still got that growl.

Brandon Flowers/Flamingo (Tuesday): While the rest of the Killers are feeling burned out after five years of constant work, their singer seems content to keep on keeping on. Production credits include Brendan O'Brien and Daniel Lanois.

Linkin Park/A Thousand Sun (Tuesday): This is just the band's fourth proper studio album since 1996 and is once again a co-production between Mike Shinoda and guru Rick Rubin. The last record, Minutes to Midnight, went platinum in 16 countries and gold in seven others. Their label, Warner, has a lot riding on this one.

Weezer/Hurley (Tuesday): Since their Ratitude album came out last November, Weezer has been touring, releasing special tracks and recording new material. Hurley—yes, it's named after the Lost character (the cover is a picture of actor Jorge Garcia)—will be the second studio album from Weezer in just 315 days.

Robert Plant/Band of Joy (Tuesday): Plant and drummer John Bonhan were in a group called Band of Joy before they were recruited by Jimmy Page for Led Zeppelin. The name was resurrected with Plant out front from 1977 with only one other original member. This time around, Plant's the only alumnus.

Miles Davis/The Genius of Miles Davis (Tuesday): A forty-three (!!!) disc box set packaged inside a full-sized trumpet case. It's so heavy that some airlines won't allow it as carry-on luggage.

More September releases next week.

jazz

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Celebrity tweets

Jessica Alba
[@jessica-alba]
Mornin ya'll already hit the gym eatin gluten free bfast tacos... Anyone else tryin to get healthy? I could use some allies :)

David Archuleta
[@David-Archie]
K I want to know who was patient enough to figure out how to fold dollars into shapes of animals and stuff.
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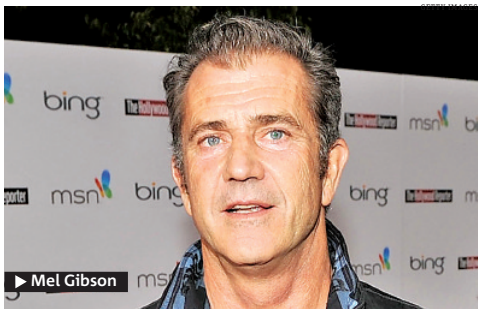
Investigation moves ahead in Gibson case

Assault and blackmail cases in hands of L.A. district attorney: Source



Mel Gibson's blackmail case against ex-girlfriend Oksana Grigorieva is moving forward along with her case claiming he assaulted her, according to Radar Online.

"The Oksana Grigorieva investigation was turned over to the Los Angeles District Attorney around the same time that Mel Gibson's case was turned over," a source says.

"A decision will then be made about what charges, if any, will be filed. That will take place within the next two-three weeks, pending possible further inquiries that the District Attorney's office has for law enforcement or other witnesses." METRO

"A decision will ... take place within the next two-three weeks."
L.A. SOURCE

Douglas really enjoying his life

Michael Douglas is taking his battle with throat cancer in stride, and he credits his love of sports for his good spirits, saying that cancer "couldn't have picked a better time" at a press conference for Wall Street: Money Never Sleeps.

"Tennis has never been better, college football just started and it's been a great weekend of college football," Douglas says of his current time.

"I've got a Monday-night game coming up with the Jets, so sports looks really good."
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Sizzling Sesame-Shrimp Noodles

PREP TIME: 15 MIN. ➤ TOTAL TIME: 15 MIN.
➤ MAKES: 4 SERVINGS, 2 CUPS (500 ML) EACH.

What You Need
225 g whole wheat spaghetti, uncooked
5 Tbsp. *Kraft Signature Asian Sesame Dressing*, divided
1 lb. (450 g) uncooked deveined peeled large shrimp
3 cloves garlic, minced
1 Tbsp. sesame seed
4 cups frozen Asian-style stir-fry vegetables, thawed
2 Tbsp. lite soy sauce

Make it
COOK spaghetti as directed on package, omitting salt.
MEANWHILE heat 2 Tbsp. dressing in large skillet on medium-high heat. Add shrimp, garlic and sesame seed; stir-fry 3 min. or until shrimp turn pink. Add vegetables, soy sauce and remaining dressing; stir-fry 3 min. or until vegetables are heated through. Remove from heat.
DRAIN spaghetti; place on platter. Top with shrimp mixture.

Nutrition Information
420 calories, 10g total fat, 2.0 g saturated fat, 220mg cholesterol, 870mg sodium, 51g carbohydrate, 7g dietary fibre, 9g sugars, 34g protein, 4%DV vitamin A, 60%DV vitamin C, 10%DV calcium, 40%DV iron.
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3 life

Super Food

Coconuts

Coconuts are one of the most versatile super foods. According to raw food nutritionist Christina Agnew, coconut water is nature's very own sports drink. Low in calories, the water is loaded with electrolytes such as potassium. Agnew's advice is to go for the young green coconuts rather than the brown for their sweeter taste. Coconut oil, or butter, is made up of medium chain fatty acids, and more likely to be used as an energy source than to be stored as fat.

ROMINA MCGUINESS

SCANLIFE

Need to bounce back from big workout? Experts say milk better than sports drinks. Scan code for news

Iron Chef Michael Symon is a man who likes to think beyond the traditional sesame seed burger bun

THE ASSOCIATED PRESS PHOTO

▶ The Lola Burger from Food Network Iron Chef Michael Symon.

Iron Chef makes moist burgers

Food Network Iron Chef Michael Symon presents his Lola burger, a super-moist burger made from three grinds of beef and topped with pickled red onions, cheddar cheese and a spicy ketchup — all nestled in a toasted English muffin.

Preparation:

Spicy Ketchup

1. In a 2-l saucepan over medium heat, combine onion, garlic and oil. Saute for about 5 minutes or until just beginning to colour.
2. Add brown sugar, cumin seeds and cinnamon stick. Cook for another 2 minutes.
3. Add both peppers, tomato paste and vinegar. Simmer for 10 minutes, stirring frequently. Add water and return to a simmer.
4. Pour through a mesh strainer to remove any solids. Set aside to cool. Makes 250 ml.

Pickled Red Onions

1. In a small saucepan over high heat, combine water, vinegar, sugar, coriander, peppercorns, red pepper flakes and garlic. Bring to a boil, then reduce heat and simmer for 15 minutes.
2. Arrange sliced onion in a medium bowl. Pour liquid through a mesh strainer and into the bowl of onion slices, discarding solids in strainer.
3. Cover and refrigerate for at least 48 hours or (for best results) up to 2 weeks. Makes 125 ml (1/2 cup) pickles.

The Lola Burger

1. If you have trouble finding beef cheek, substitute an equal amount of ground sirloin.
2. In a medium bowl, combine brisket, beef cheek and sirloin. Divide meat into quarters and form into patties. Season with salt and pepper.
3. Heat a grill to medium-high.
4. Place burgers on grill and cook for 3 minutes per side for medium-rare. After flipping, top each burger with a slice of cheese.
5. Place each burger on a muffin half and top with cucumber slices, pickled red onion, an egg, 2 slices of bacon and spicy ketchup. Makes 4 servings. THE ASSOCIATED PRESS

▶ Michael Symon.

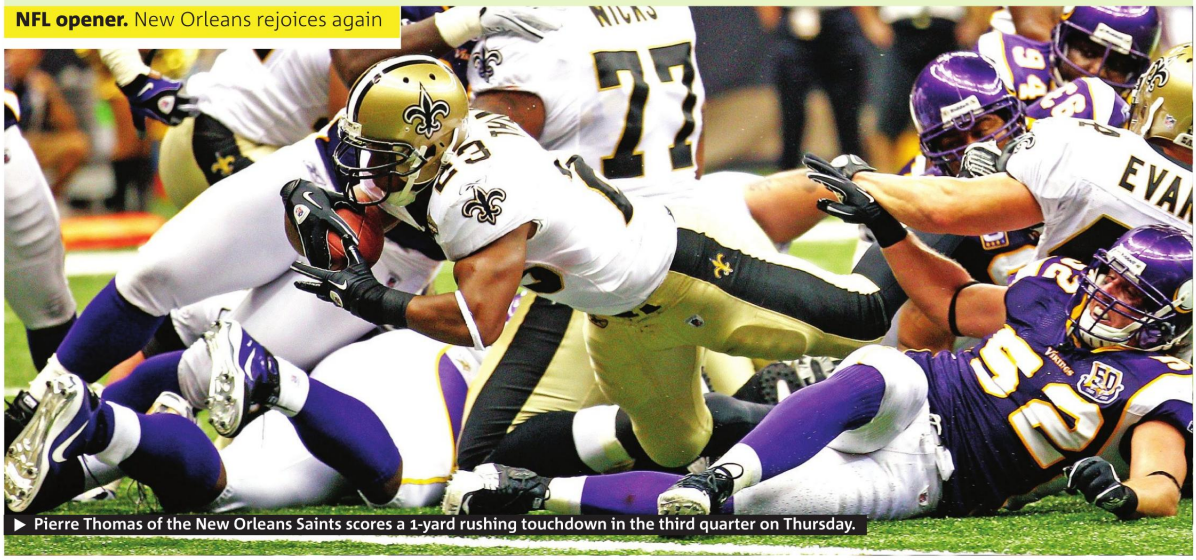
Ingredients :

Spicy Ketchup
- 30 ml minced yellow onion, minced
- 1 large clove garlic, chopped
- 10 ml canola oil
- 30 ml brown sugar
- 10 ml cumin seeds
- 2.5-cm piece cinnamon stick
- 3 cayenne peppers, minced
- 1 chipotle pepper in adobo sauce
- 1 can tomato paste
- 30 ml cider vinegar
- 250 ml water

Pickled Red Onions
- 125 ml water
- 50 ml white vinegar
- 50 ml sugar
- 5 ml whole coriander seeds
- 5 ml black peppercorns
- 5 ml red pepper flakes
- 1 clove garlic
- 1 large red onion, thinly sliced

The Lola Burger
- If you have trouble finding beef cheek, substitute an equal amount of ground sirloin.
- 250 g ground beef brisket
- 250 g ground beef cheek
- 250 g ground sirloin
- Kosher salt and cracked black pepper, to taste
- 4 thin slices cheddar cheese
- 4 English muffins, toasted
- 1 English cucumber, thinly sliced
- Pickled red onion
- 4 eggs, cooked over-easy
- 8 slices bacon, cooked until crispy
- Spicy ketchup

NFL opener. New Orleans rejoices again



▶ Pierre Thomas of the New Orleans Saints scores a 1-yard rushing touchdown in the third quarter on Thursday.

CHRIS GRAYTHEN/GETTY IMAGES

Saints kick off NFL season with tough 14-9 win over Vikings

Drew Brees and the Saints extended New Orleans' post-Super Bowl euphoria for at least another week and handed Brett Favre a second straight loss in the Louisiana Superdome. Brees completed 27 of 36 passes for 237 yards and one touchdown, and the Saints survived a hard-fought season opener for a 14-9 victory Thursday night. It wasn't the most spectacular way to open a title defence, considering it was a rematch of the riveting 2009 NFC title game last January, in which the Saints took an overtime win to advance to their first Super Bowl.

THE ASSOCIATED PRESS

What a day for Mr. Brady

Patriot star QB gets into car accident ◐ Unhurt by crash, he later practises with his team ◐ Finally, he agrees to a contract extension that would make him NFL's highest paid player

New England Patriots quarterback Tom Brady was unhurt in a two-vehicle accident near his home Thursday morning and hours later practised as usual with his team just days before the season opener.

He then agreed to a four-year extension that would make him the NFL's highest paid player, according to a person with knowledge of the contract.

The contract is worth an average of $18 million US per year and begins in 2011, said the person, who spoke on condition of anonymity because the paperwork had not yet been filed with the NFL. The contract has a total of $48.5 million guaranteed. Brady is making $6.5 million this season.

The crash, at an intersection in Boston's Back Bay area, knocked over a light pole and sent a passenger in the minivan that collided with Brady's car to a hospital with injuries that were serious but not considered life-threatening, a police report said.

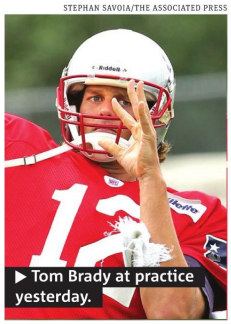
$18M The average value of Brady's deal. It surpasses that of Giants QB Eli Manning, who agreed this year to a six-year, $97.5 million ($16.25 million average) extension starting next year.

A witness told The Associated Press that the two-time Super Bowl MVP was approaching the intersection on a green light when his black Audi sedan collided with the minivan.

The 21-year-old driver of the Mercury Villager minivan, Ludgero Rodrigues, was cited Thursday for failing to stop at a red light, based on witnesses statements, police said. Two other people in the minivan were able to exit and had no visible injuries, they said.

THE ASSOCIATED PRESS

STEPHAN SAVOIA/THE ASSOCIATED PRESS



▶ Tom Brady at practice yesterday.

PAUL J. BERESWILL/THE ASSOCIATED PRESS

▶ Rafael Nadal reacts after defeating Fernando Verdasco on Thursday.

Nadal moves on to U.S. Open semis

Top-seeded Rafael Nadal put a slow start behind him, dealt well with the wind and beat No. 8 Fernando Verdasco 7-5, 6-3, 6-4 Thursday night in the first all-Spanish quarter-final in U.S. Open history.

Nadal's streak of 62 consecutive holds of serve to start the tournament ended in the match's third game, when Verdasco broke him at love to go ahead 2-1.

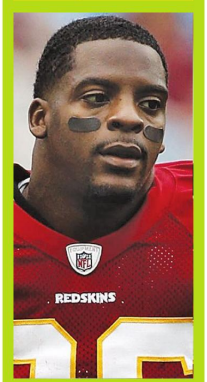
But Nadal broke back to get to 4-all, thanks to Verdasco's two double-faults in a row, and was on his way to a third consecutive semifinal at Flushing Meadows. Nadal never has reached a final in New York, losing at that stage to Andy Murray in 2008, and to eventual champion Juan Martin del Potro in 2009.

Nadal, trying to complete a career Grand Slam by winning the U.S. Open for the first time, will face No. 12 Mikhail Youzhny of Russia on Saturday.

THE ASSOCIATED PRESS

4 sports

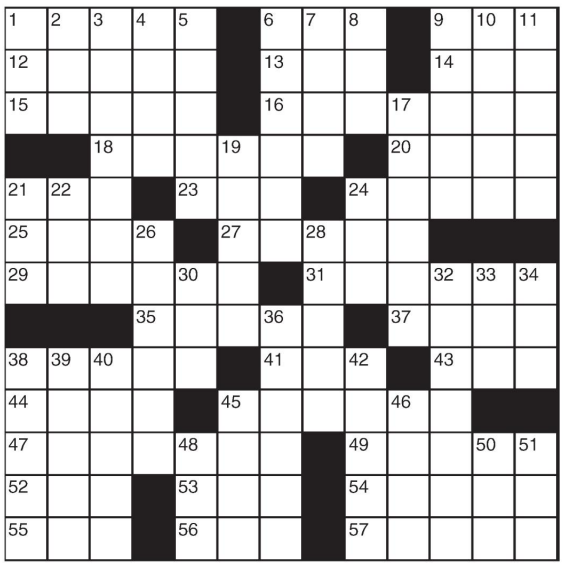
Quoted



"I made it my goal this pre-season to make sure I was never the topic of conversation or headlines about missing practice. I wanted to show my teammates I was dedicated to getting myself right."

CLINTON PORTIS, WASHINGTON REDSKINS

Crossword



Across

1 1865 villain
6 "Bow-wow!"
9 Muppet eagle
12 Flaxlike fiber
13 Bill's partner
14 Rd.
15 Sports venue
16 Snickers bar component
18 Epistle
20 Aching
21 Microbrewery product
23 Scuttle
24 Aspect
25 Maze option
27 When pigs fly
29 Prayer beads
31 Geronimo was one
35 Twangy
37 Primary
38 Critter
41 Massage
43 Sra., across the Pyrenees
44 Therefore
45 Barbara Bush's maiden name
47 Glossy coats
49 Relieve
52 Healthy
53 Doctor's due
54 Weeper of myth
55 Witness
56 "The Joy Luck Club" author
57 Loves too much, maybe

Down

1 Support system?
2 Scull tool
3 Brunch entrees
4 Prong
5 Moor
6 Give consent (to)
7 Bellow
8 In favor of
9 Pago Pago's place
10 States with conviction
11 Big brouhaha
17 Guru's retreat
19 Stage statuary
21 Spring mo.
22 "7 Faces of Dr. —"
24 Energy
26 Two-wheeled carriage
28 Worth
30 Snitch
32 The JFK administration, metaphorically
33 That guy
34 Away from WSW
36 Up
38 Complaints
39 Bert's pal
40 Shooting marble
42 Cattle ranch ID
45 Entreaty
46 Advertising award
48 Salamander
50 Rushmore face
51 "Of course"

▶ Yesterday's answer

S	L	A	T	■	P	E	G	■	O	P	E	D
T	A	X	I	■	A	L	L	■	P	A	P	A
A	M	I	D	■	R	I	O	■	E	R	I	N
B	A	L	B	O	A	■	M	E	N	A	C	E
■	■	■	I	N	K	■	■	Y	E	N	■	■
S	E	P	T	■	E	M	P	E	R	O	R	S
O	V	A	■	■	E	T	A	■	■	I	O	U
D	A	R	K	S	T	A	R	■	P	A	W	N
■	■	A	N	I	■	■	A	D	O	■	■	■
A	L	B	I	N	O	■	L	O	U	N	G	E
G	O	O	F	■	N	I	L	■	N	O	O	K
A	B	L	E	■	E	R	A	■	C	O	L	E
R	E	A	D	■	S	E	X	■	E	N	D	S

Sudoku

	7				8	9	5	
		4					2	7
				6		1		8
			4	5				9
	5						7	
4				3	2			
5		3		7				
1	8					7		
	2	6	5				4	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

9	2	8	3	1	6	4	7	5
3	7	5	2	4	8	6	1	9
4	6	1	9	7	5	8	2	3
7	4	3	6	8	1	9	5	2
2	5	6	7	9	4	1	3	8
1	8	9	5	2	3	7	4	6
6	9	2	1	3	7	5	8	4
8	3	7	4	5	9	2	6	1

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

To Margie, I think we're alone now. There doesn't seem to be anyone around. Hoping you're not working too hard today, and you come home early so we can spend the whole weekend together! Can't wait!
YOUR NORM, XOX

EB, As the years go by, I stop and think about all of the memories we've made and the good times we've shared as friends. Now that we are together the love between us just keeps growing. I'm so happy I took this chance on you, because now I know what love is — it's us.
YOUR BABY

Mr. Carson! Since hollering from rooftops is soo last season, I just wanted to say I lub ya, ya big lug. Simply cannot wait to see you again, babydaddy!
MUAH, SCOTTIE

A look at the weather

TODAY	SATURDAY	SUNDAY
Min 5° Max 15°	Min 4° Max 15°	Min 4° Max 15°

Andrew Schultz, Meteorologist
BT BREAKFAST TELEVISION
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". WEEKDAYS 6AM

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 The truth must never be denied, so if you learn something that is a little uncomfortable today make an effort to look at it squarely and honestly.

♉ Taurus April 21-May 21 Keep things simple and refuse to be rushed. Certain situations will get a little bit complicated today and you will only be able to deal with them effectively if you keep your head. You'll be one of the very few who do.

♊ Gemini May 22-June 21 You may not be able to explain why you distrust someone but your instincts rarely let you down, so don't ignore them. Neptune, planet of illusion, is strong in your chart over the next 24 hours, so watch out for trickery.

♋ Cancer June 22-July 22 You may want to pretend that you cannot see what is going on in front of your eyes but you will have to say something about it sooner or later. You are right to be offended.

♌ Leo July 23-Aug.23 The more someone tries to persuade you that what they are saying is true the more inclined you will be to disbelieve them. You know from experience that too much talk often masks too little in the way of substance.

♍ Virgo Aug. 24- Sept. 22 Deliver on what you promised, even if you have to go out of your way and incur extra costs to do so. Your reputation is of the utmost importance and you should be investing in it.

♎ Libra Sept. 23-Oct. 23 Why can no one give you a straight answer? Why does everyone beat about the bush instead of being honest about the current situation? Maybe it's because they believe you don't want to hear the truth.

♏ Scorpio Oct. 24-Nov. 22 Stick to the facts and insist that everyone else does the same. If you suspect that friends or relatives are exaggerating in any way you must call their bluff.

♐ Sagittarius Nov. 23-Dec. 21 Changes on the work front have no doubt been unsettling but if you are honest you will also admit that they have opened your eyes to new possibilities. What are you going to do with them?

♑ Capricorn Dec. 22-Jan. 20 You will meet someone today whose values are not your values, and the chances of conflict are high. Defend your position robustly but don't let them drag you into a feud that neither side can win.

♒ Aquarius Jan. 21-Feb. 18 As one of the zodiac's fixed signs you can at times be a bit of an immovable object, but if you are smart you will give some ground today.

♓ Pisces Feb. 19-March 20 Neptune, your ruler, is energized by Mars today, so you will be in one of those moods where you try to pack into an hour as much as you usually pack into a day or a week. ● SALLY BROMPTON

Caption contest

MARKO DROBNJAKOVIC/THE ASSOCIATED PRESS

WIN! **You write it!**

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

MARTIN MEISSNER/THE ASSOCIATED PRESS

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What Do Our Patients Have to Say?

After 12 treatments, for the first time in 7 years, I washed, buffered, waxed and polished my car. My wife would refuse going to the mall with me – I'd walk 10 steps and have to sit for a few minutes. Now, especially in the mornings, I'm jumping out of bed ready to go. On behalf of my wife and I, THANK YOU CDPC!

- Mr. & Mrs. Jay Shah, Calgary

After only seven or eight treatments I could not believe how much better I was feeling and how much better I could walk. I would recommend it to anyone.

- Marion Whiteman, Calgary

I always believe that when there is something good, the world needs to know about it. CDPC is one of those good. It took care of my NECK PAIN when I have myself treated at their clinic. If you have a need or back pain, try them, you won't regret it.

- Ben J., Calgary

Thanks to CDPC, I'm looking forward to getting back to my active lifestyle of sports, and gym. I no longer have to sit home, while my family is out enjoying the weather.

- Cindy Buda, Calgary

I came into CDPC with a walker and sciatica so bad I was unable to sleep at night. After only a few treatments, the pain has subsided and I am walking with a cane. Thanks to my wife who took the initiative to call and book my free consultation and insisted I seek relief. I heartily recommend this treatment to anyone. I look forward to completing the rest of my treatments.

- Edwin Graf, Calgary

CONDITIONS TREATED:

- Disc bulge or Herniation
- Spinal Stenosis
- Sciatica
- Neck Pain
- Radiculopathy (pinched nerve)
- Carpal Tunnel Syndrome
- Osteoarthritis
- Fibromyalgia
- Degenerative disc disease
- Scoliosis

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